

# **FROM FEARFUL TO POWERFUL**

## **Supporting Our Children Dealing With Anxiety**



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### **FREE Virtual Parent Education Presentation**

**Wednesday, March 23, 2022**

**7 - 8:00 PM**

**Presented by: Liz Daniels, LMHC**

When fear and worry take over, what are effective coping strategies to help our children turn their worries around and not only survive, but thrive? Join Liz Daniels for a virtual discussion to learn about what is behind our natural instincts (flight, fight, freeze response) as well as potent, practical strategies and tools parents and children can use to empower their daily lives.

Liz Daniels is a licensed mental health counselor working in the field since 2003. She trains and consults to preschool programs around the issues of challenging behaviors and supporting social emotional development in children. She provides training and coaching around social emotional learning to schools all around the state. Liz has a private practice located in Hopkinton where she specializes in treating children, adolescents, and adults on a wide variety of issues including but not limited to anxiety.

*Please complete the registration form: [Event Registration](#)*

*A presentation link will be sent via email before the event.*

*If you have any questions please feel free to contact Liz Garreffo, Early Childhood Coordinator, at [egarreffo@nrsd.net](mailto:egarreffo@nrsd.net) or Liz Dumas at [edumas@nrsd.net](mailto:edumas@nrsd.net).*

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**Presentation Provided by:**

**Nashoba Community Partnership for Children**



Nashoba Community Partnership is funded by the Coordinated Family and Community Engagement grant awarded to the Nashoba Regional School District by the Massachusetts Department of Early Education and Care to serve the communities of Bolton, Lancaster and Stow.