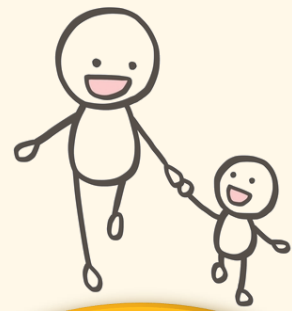




Palm Beach County
 Youth Services Department
 Residential Treatment & Family Counseling Division
 Education and Training Center
 PRESENTS



Lunch & Learn

Parental Accommodation and Youth Anxiety

Presenter: Alyssa M. Payne, M.S.



REGISTRATION LINK:

[HTTPS://
 WWW.SURVEYMONKEY.COM/R/
 VRLDBFM](https://www.surveymonkey.com/r/VRLDBFM)

*If you have trouble accessing
 the survey, please copy the
 link and paste it directly into
 your browser*

Date & Location

TUESDAY,
 NOVEMBER 19, 2024
 12:00 pm—1:00 pm

ZOOM REMOTE VIDEO CONFERENCE

Once registration is
 confirmed, link to access
 the training will be
 provided

For more information on the Youth
 Services Department, Scan the QR
 code below



Description

Anxiety disorders are among the most common mental health disorders for youth in the United States, impeding functioning in school, socializing with friends, and spending time with family. Parents often respond using parental accommodating behaviors, such as distraction or changing daily routines, to decrease their youth's anxiety. Although well-intentioned, parental accommodating behaviors inadvertently maintain youth anxiety by reinforcing avoidance coping and decreasing self-reliance. This presentation will define parental accommodation, explore its relationship with youth anxiety, and offer alternative parenting strategies.

There is no cost associated with this program.