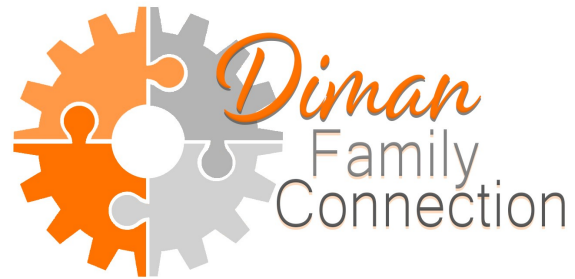


Social Emotional Wellness

Supporting My Child with Anxiety



Welcome back to our new Social Emotional Wellness newsletter, brought to you by Diman Family Connection!

In each newsletter we hope to highlight a hot topic to help support you with common challenges for students and families.

SUPPORTING MY CHILD WITH ANXIETY

There is a normal and healthy amount of anxiety we should all experience in life, but when anxiety becomes overwhelming for our children, it can make us feel helpless in supporting them. Please check out the below resources to help families through the challenges surrounding anxiety in our children!

- [Whole Child Counseling Printable Resources for Anxiety](#) – includes apps to help with anxiety, book suggestions for youth and adults, and a free subscriber resource library
- [WorryWiseKids.org](#) – numerous resources to identify and support anxiety, understand causes and treatments, as well as great parent “Do’s and Don’ts” to work with your child best
- [Child Mind Institute: Anxiety](#) – includes quick guide to anxiety in children, why childhood anxiety often goes undetected and its consequences, as well as videos and information on different types of anxiety
- [American Academy of Child and Adolescent Psychiatry](#) – information specific to anxiety in children, as well as [Parents Medication Guides](#)
- [Hope + Wellness](#) – 24 Resources for Children and Teens with Anxiety and Their Families

Please feel free to reach out to School Adjustment Counselor, Michaela Gagne, at mgagne@dimanregional.org with any questions, comments, concerns, or topics you would like to explore!

Visit the [Diman Family Connection](#) website for more information on Diman, community resources, parent trainings, and various additional supports!



Visit the [Diman Direction Facebook Page](#) for information on community events and resources, employment, and so much more!

