

ORADELL PUBLIC SCHOOL PARENT ACADEMY

WHEN

February 26th
7:00pm

WHERE

OPS Auditorium

SUBJECT

Stress, Anxiety
and Children

OVERVIEW

This workshop begins with an overview of stress and the impact stress has on children, including how it often contributes to anxiety. It will then turn to examining anxiety, with a look at the similarities and differences between stress and anxiety, take a brief look at other risk factors for developing anxiety, review signs and symptoms, and identify some of the types of anxiety most commonly experienced by youth. Most importantly, this presentation will provide concrete information on tools and strategies parents can implement to assist their children in coping with stress and/or anxiety. Tips on building overall resiliency and well-being will also be provided. It will conclude with an opportunity for questions and discussion. Additional "take home" information, apps and resources will be made available.

PRESENTER

Jeanne Marron, Ph.D.

A clinical specialist and community educator at West Bergen Mental Healthcare, Dr. Marron applies her expertise in mental healthcare, trauma and child development to facilitate faculty, parent and student workshops. Dr. Marron received her Ph.D. in Clinical Psychology from Fairleigh Dickenson University and has had advanced training in neuro-psychology at St. Vincent's Hospital and Medical Center, Manhattan. She is a member of the Bergen County Traumatic Loss coalition, as well as a nationally certified instructor in Mental Health First Aid for adults and adolescents. She also presents extensively on Autism Spectrum Disorder. During the previous 17 years, Dr. Marron developed and supervised West Bergen's Asperger's Related Services Department. In addition, Dr. Marron provides consultation about complex, clinical situations.