**Special Topics in Special Needs**

Facilitated by Parents Helping Parents & Financed by FIRST 5 Santa Clara County

**Helping Young Children with Anxiety Thrive**

**Presented by Kelley Abrams, PhD, Parent Educator and Consultant**

**Designed for FIRST 5 Partners and other Local Professionals**

**April 24th, 2018**

**9:30 a.m. – 11:30 p.m.**

During this workshop, we will address strategies to help your child cope and manage his or her feelings and identify and discuss common anxiety triggers, such as school situations, social dynamics, sleep, and separation issues.

**This training is open to First 5 partners, therapeutic and related service providers, and parents! Certificates are available upon request, indicating hours earned against the Infant-Family Early Childhood Mental Health Guidelines.**

Kelley Abrams is a Developmental Psychologist and Parenting Consultant regularly sought after for her expertise from parents, schools and organizations. She has served families with a diverse range of needs including premature infants, childhood behavioral difficulties, developmental delays, disability, giftedness, and autism. She is a highly skilled facilitator with experience working with both parents and professionals and she is passionate about bridging science, practice, and policy to support the healthy development of all children and families.

Kelley received her PhD from UC Berkeley where she focused on infant-parent attachment, empathy in preschoolers, parenting behaviors and traumatic loss and abuse within families.

**Location:** Parents Helping Parents

Sobrato Center for Nonprofits – San Jose

1400 Parkmoor Avenue, Suite 100

San Jose, CA 95126

**Registration:** Please email Judy Bower at [judy@php.com](mailto:judy@php.com) or call (408)727-5775 x110 with any questions. To register go to PHP’s website: **www.php.com**