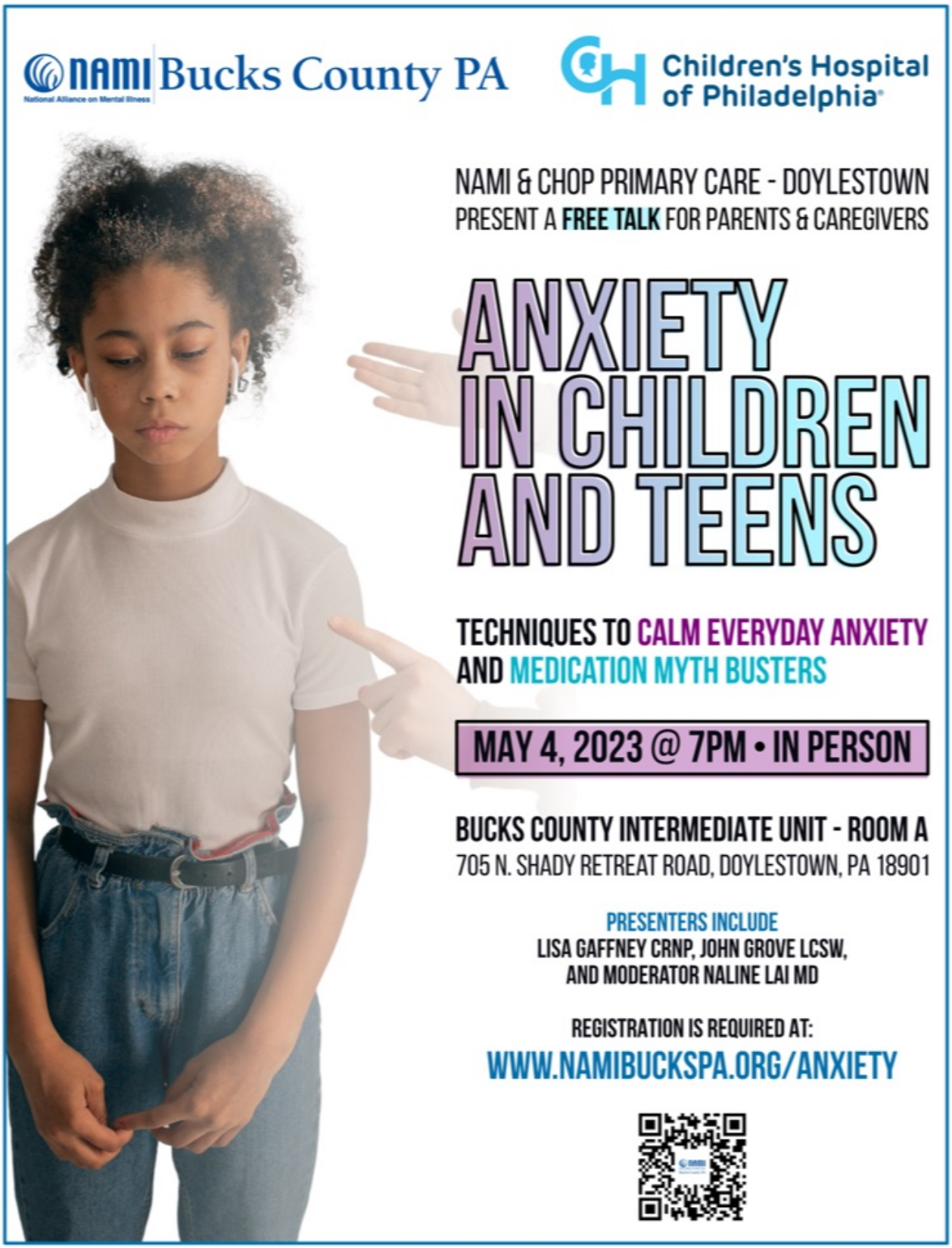
Anxiety in kids and everyday calming techniques



This upcoming week-register above

Wondering about signs of anxiety in your child or teen? Interested in everyday ways to help calm them? Take a peek at this post that one of your two peds contributed to: When Your Child’s Anxiety Is Worth Worrying About – and How to Help in The Children’s Hospital of Philadelphia’s Health Tips.

A Bucks or Montgomery County, Pennsylvania parent or caretaker? May is mental health awareness month and NAMI Bucks County and CHOP Primary Care, Doylestown have teamed up to give an in-person talk this week! Registration information above- hope to see you there!

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