




# Anxiety in kids and everyday calming techniques



 **NAMI Bucks County PA**  
National Alliance on Mental Illness

 **Children's Hospital of Philadelphia®**

NAMI & CHOP PRIMARY CARE - DOYLESTOWN  
PRESENT A **FREE TALK** FOR PARENTS & CAREGIVERS

## ANXIETY IN CHILDREN AND TEENS


TECHNIQUES TO **CALM EVERYDAY ANXIETY**  
AND **MEDICATION MYTH BUSTERS**

**MAY 4, 2023 @ 7PM • IN PERSON**

**BUCKS COUNTY INTERMEDIATE UNIT - ROOM A**  
705 N. SHADY RETREAT ROAD, DOYLESTOWN, PA 18901

**PRESENTERS INCLUDE**  
LISA GAFFNEY CRNP, JOHN GROVE LCSW,  
AND MODERATOR NALINE LAI MD

REGISTRATION IS REQUIRED AT:  
**[WWW.NAMIBUCKSPA.ORG/ANXIETY](http://WWW.NAMIBUCKSPA.ORG/ANXIETY)**



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!

Julie Kardos, MD and Naline Lai, MD

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