



# How to Help Your Child Cope with Anxiety

Anxiety is a normal part of life; everyone feels anxious at times. A little bit of anxiety can be helpful, such as enabling you to do your best in a sports activity. However, anxiety can be very disabling, and sometimes it feels like it “takes over” your life. As parents, it is often very difficult to watch our children suffer from anxiety. This presentation will discuss the different types of anxiety, potential causes, and what parents can do to help. Additionally, it will cover how even the most well-meaning parents sometimes inadvertently reinforce their children’s anxiety. Helping children make anxiety-provoking transitions, successfully, such as starting kindergarten or middle school, will be addressed. Books and resources for children and their parents will also be shared.

## Wednesday Evening, March 24

5:30 to 7:00 PM

(A Light Supper will be Served)

Faith-Westwood United Methodist Church  
Room 227-229 (upper level)

There is NO charge.

Reservations are not required, but we would appreciate your letting us know if you are planning to attend (and # of people in your party) so we can plan for supper appropriately.

Email this information to: Vikki O’Hara, M.Div.,  
Caring Ministry Director

Vikki.ohara@faithwestwood.com

or call: 402-650-9489 and leave a message with  
your name and the number attending.

### About the presenters:

**Amber Lawrence (Finnestad), LMHP, LMFT**, received her Bachelor’s degree in Psychology and a minor in Human Development and Family Studies from Colorado State University in 1993 and a Master’s degree in Family Studies with a specialization in Marriage and Family Therapy from the University of Kentucky in 1996. She currently holds the following licenses in Nebraska: Licensed Mental Health Practitioner and Licensed Marriage & Family Therapist. Amber is a Clinical Member of the American Association of Marriage & Family Therapy ([www.aamft.org](http://www.aamft.org)), a Coach and Child Specialist with the Nebraska Academy of Collaborative Professionals ([www.collaborativepracticene.com](http://www.collaborativepracticene.com)), and a Becoming a Love and Logic Parent Facilitator ([www.loveandlogic.com](http://www.loveandlogic.com)). She is in private practice at Woodhaven Counseling Associates. Amber’s private practice focus is working primarily with children, adolescents, and their families. She specializes in anxiety, divorce, grief, and behavioral issues; as well as parenting techniques.

**LeaAnn Lape-Brinkman, Ph.D.** is a Clinical Psychologist specializing in young children and currently practicing at Woodhaven Counseling Associates, Inc. She received her Ph.D. from Bowling Green State University in Ohio in 1999. She completed an internship at Baylor College of Medicine and a postdoctoral fellowship at Texas Children’s Hospital, both in Houston, TX. Dr. LeaAnn treats young children with issues such as anxiety, depression, behavioral problems, and developmental disorders. She also collaborates with parents, teachers, and other professionals in helping children be successful in home and school. Dr. LeaAnn provides supervision and consultation to other mental health professionals in the community.

