

How to turn Anxiety into your Superpower!

FREE Online BILINGUAL Parent/Community Night

Hosted by New Vista High School

Monday, September 20, 6-7.30pm

With Avani G. Dilger, LPC, CAS, ADS

ZOOM Link: https://us02web.zoom.us/j/83924392157

Parents & Teens are encouraged to attend together

Learn more about:

- The Neuroscience of stress, anxiety and trauma
- Understand the positive aspect of anxiety
- Strategies to use stress and anxiety as a productive force in your life
- Resources for parents, teens, and families
    - **You are welcome to bring your questions to the discussion –**



Avani G. Dilger, MEd, MA, LPC, BC-DMT, CAS, ADS, is a Licensed Professional Counselor, a Certified Addiction Counselor, a Somatic Psychotherapist, an Acupuncture Detoxification Specialist, and a Motivational Interviewing Trainer (MINT), who specializes in substance abuse prevention and treatment with adults, teens and their families. She is the founder and director of the "Natural Highs – Healthy Alternatives to Drugs & Alcohol" nonprofit program, an innovative, grassroots substance abuse prevention and intervention program that teaches teens to become leaders around healthier lifestyles and positive peer culture.

For more information: **Avani G. Dilger * 303-859-5778 * avani@naropa.edu**

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¡Cómo convertir la ansiedad en tu superpoder!

Noche GRATUITA para Padres/ Comunidad

Lunes, Septiembre 20, 6 -7:30pm

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Avani G. Dilger, LPC, CAS, ADS

Se anima a los padres y jóvenes a asistir juntos

Aprenderá más sobre:

- Comprender la neurociencia de la ansiedad.
- Estrategias para comprender el aspecto positivo de la ansiedad y cómo usarla como una fuerza productiva en su vida.
- Recursos locales

Puede traer sus preguntas a la discusión

Para más información:

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