

*Join Meghan Leahy for a FREE 5 Session Course
from the Neufeld Institute:*

Making Sense of Anxiety

in the Great Hall at The Metropolitan Church
3401 Nebraska Ave., NW Washington DC 20016

**The course is from 7-9 PM every Wednesday night
May 4th to June 1**

The focus of this course is the anxiety of our children and what we can do about this, both as a society and as the adults responsible for them. The dynamics and insights however apply to all ages.

This course is FREE to everyone. Mothers, Fathers, Husbands, Wives, Co-Parents, Partners, Nannies, Grandparents, Teachers and whoever else feels they could benefit from learning more about anxiety. While children are the focus of the course, it is not appropriate to bring children to the class and no child care will be provided.

The course is set up so that the first hour us watching a video together, the second hour is discussion.

The Topics for each session are as follows:

Session One - Neuroscience of Anxiety

Session Two - Anxiety, Attachment & Vulnerability

Session Three - Working Model of Anxiety

Session Four - Addressing Anxiety

***If you would like to join the class please RSVP to
meghan@mlparentcoach.com.***

To learn more about Meghan Leahy, please go to www.mlparentcoach.com