



SPACE

Supportive Parenting for
Anxious Childhood Emotions



A Virtual Therapy Group for Parents of Anxious Children

Parenting children who struggle with anxiety or OCD-related emotions can be highly challenging. When a child is avoidant of situations, parents find themselves caught between the desire to push their child through their discomfort, to the natural tendency to accommodate their child's (often unreasonable) requests. This treatment helps parents understand their child's anxiety and reduce their own accommodating responses to it. Instead, parents learn to engage in a manner that helps their child feel confident to confront their anxiety, and ultimately enhances the child's ability to effectively cope with their anxious thoughts and feelings.



**7 weeks with
Orly Zimmerman-Liezerov LCSW-C**