

IOWA

Scanlan Center for School Mental Health

SPACE GROUP

Strengthen your parenting skills to better support your child's anxious emotions

In a free 8-week online skill-building program, Iowa-based parents/caregivers will learn how to help their child or teen manage anxiety, OCD, and other related disorders by changing their own behaviors. SPACE stands for Supportive Parenting for Anxious Childhood Emotions.



Open to parents/caregivers of Iowa K-12 students who have anxious emotions or OCD



The group will meet online 1x per week for 60 minutes over the course of 8 weeks. Must be able to attend all 8 sessions.



Interested in participating? New openings will be posted on: bit.ly/SCSMHgroupcounseling

skill development

- Respond with acceptance
- Reduce accommodations
- Better manage child's/teen's anxiety



➔ bit.ly/SCSMHgroupcounseling