



# Understanding Anxiety & Depression

## How to support children & teens dealing with anxiety and depression

Learn how to support children & teens that “fly under the radar” and do not ask for support. Receive practical strategies and learn how to begin difficult conversations.

Dr. Jessica Howard specializes in the social and emotional development of children, adolescents, and young adults. She is the founder of the SEAD Program (Social Emotional Adolescent Development online learning program) and teaches at the University of Denver.

### A Proactive Approach to Supporting Children & Teens

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*Solution-focused  
presentation including  
practical coping  
strategies for children &  
teens dealing with  
anxiety & depression*

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Strategies to strengthen  
executive function  
(organizational) skills

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*Learn how to begin difficult  
conversations*

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