

A FREE workshop for parents and professionals

# Dr. Jed Baker

Wednesday, May 4, 2016, 6:30-8:30pm

Sampson G. Smith School Auditorium

## “Helping our Children Learn to Manage Frustration & Anxiety”

by: Social Skills Training Project Director, Jed Baker, PhD



Dr. Baker will cover the following topics and answer questions.

- Learn how to effectively manage and prevent challenging behaviors.
- Understand key parent and teacher attitudes that lead to better outcomes in children and students.
- Identify & address the anxiety behind most oppositional/defiant behaviors in children with ADHD, Multiple Learning Disabilities, Autism Spectrum Disorder & Mood Disorders.
- Learn the 7 common triggers to anxiety and frustration and how to create prevention plans for each.

Jed Baker, PhD, lives in New Jersey, is a psychologist and director of the Social Skills Training Project, an organization serving individuals with autism and social communication problems. An award winning author of eight books, his most recent book, *Overcoming Anxiety in Children and Teens* is an extremely readable and useful guide for parents and therapists. His work has been featured on ABC World News, Nightline, Fox News, the CBS Early Show and Discovery Channel.

For Information call 732-873-1991 (option 4)

This event is Sponsored by the Franklin Township Municipal Alliance for the Prevention of Substance Abuse and the Franklin Township Youth Services Commission. Supported by the Somerset County Freeholders and the Department of Human Services, the NJ Governors Council on Alcoholism and Drug Abuse, the Hunterdon/Somerset Safe Communities Coalition and the Parents Who Host, Lose the Most Project.

Sampson G. Smith School, 1649 Amwell Road, Somerset, NJ 08873