

# Countering Anxiety and Depression in Our Children: The Importance of Positive Psychology

Anxiety and mood disorders remain on the rise, especially among our children and adolescents. Clinical Psychologist, Dr. Michael Mazius will present ways in which we, as parents, can use principles from Positive Psychology to counter this disturbing trend. Although these practices make intuitive sense, they surprisingly may not be embedded in our culture and/or be at the ready as we go about lovingly raising our children.

Please join us for a presentation of useful information and dialogue.

**May 7, 2019**

**8:05-9:05am**

**Richards School**

**Great Hall**

**5812 N. Santa Monica Blvd.**

**Whitefish Bay, WI 53217**