



FOR IMMEDIATE RELEASE

~ Teens and Anxiety Workshop for Parents March 4th-

Contact:

Brenda Guggisberg
Executive Director, The Upper Room
(603) 437-8477
bguggisberg@urteachers.org

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The Upper Room, a Family Resource Center will offer a workshop March 4th offering parents ideas on how to help build confidence in their teens who may be struggling with anxiety. Join LCMHC Kortney Yasenka in a discussion on how adults can create ideas to build confidence. Kortney is a licensed clinician working with young people for nearly 2 decades in managing anxiety and stress. "We are excited to offer a conversation with adults, to help them feel confident in responding to and supporting their teens with anxiety. Building strategies that provide youth the ability to communicate and navigate challenging situations is important for their lifelong adult relationships, work opportunities and quality of life." Shares Brenda Guggisberg, ED of The Upper Room.

Anxiety and Teens- How to Communicate Workshop will be offered March 4th 6 – 7 PM. It is a FREE class and will be virtual so parents can join from anywhere. Call 603-437-8477 x 126 to register and get the link for this workshop.

About The Upper Room

Founded in 1986, The Upper Room, a Family Resource Center is a non-profit 501(c)(3) organization committed to strengthening individuals and families by providing them with the education, services and resources needed to lead healthy, self-sufficient lives. Our center is a warm, welcoming place where families receive information and support not only in times of crisis but on a day-to-day basis. We place no boundaries on service and help all who come to our center seeking support. For more information, call (603) 437-8477, or visit our website at URteachers.org

For other press-related inquiries, please contact
Brenda Guggisberg, Executive Director
603-437-8477 or bguggisberg@urteachers.org