



## ***Between a Rock and a Hard Place: Reducing Anxiety and Defiant Behavior in the Classroom and at Home***

**Tuesday, October 2, 2018**

**9:00 AM to 2:30 PM**

**Seats are limited!**

**Southern Maryland Higher Ed Center  
44219 Airport Road  
California, MD 20169**

Jessica Minahan, Board Certified Behavior Analyst, Special Educator, School Consultant and coauthor of ***The Behavior Code*** and ***The Behavior Code Companion*** will present a workshop for parents and educators regarding anxiety in the classroom and at home. Without intervention, students who experience anxiety are at risk for poor performance, diminished learning, and social/behavior problems. Understanding the role anxiety plays in a student's behavior is crucial and using preventive strategies is key to successful intervention.

Ms. Minahan's goal is to help clinicians, teachers and parents identify and understand the variables that cause students to act inappropriately. She has worked continuously with students who exhibited an infinite variety of behavior challenges in both urban and suburban public schools. In this workshop, Ms. Minahan will show how commonplace school factors, as well as the student's underdeveloped skills, contribute to his or her challenging behavior. She will provide professionals with time-tested interventions that will lead their students to more appropriate, constructive behavior in and out of school. Parents will be given the tools to continue the work at home.

**This workshop is free but registration is required.**

***Please see registration instructions.***

<b>Registration for PARENTS &amp; FAMILY MEMBERS ONLY</b>	<b>August 20- September 24, 2018</b>
<b>Registration for educators, professionals and families</b>	<b>September 10– September 24, 2018</b>

### **Registration Instructions (2 ways to register):**

**By Email:** Susan Shannon at **partnersforsuccess@smcps.org**.

- Please put **ANXIETY** in the subject line.
- **No reply email registrations will be accepted.**

**By Phone:** Susan Rafalowski of Parent Connection-443-550-8375.