



# Real-World Parenting Series

**FREE**  
parenting videos  
and Q&A presented  
via Facebook  
and Zoom

## March's Topic of the Month: Anxiety

It's normal for kids and teens to get nervous about things like reading in front of the class, dance recitals, relationships and peer pressure. Some children and teens, however, feel intense worry and fear all the time. These feelings can have a major negative impact on their lives. Crystal Scott, LCSW and Coordinator of FSGC's Anxiety Treatment Program, will share information on signs and symptoms of anxiety. She will also offer advice about steps parents can take to help.

- The first three Thursdays of each month, FSGC will post short videos about the Parenting Topic of the Month to our Facebook page ([www.facebook.com/FSGCtopeka](http://www.facebook.com/FSGCtopeka)). The videos will offer practical parenting tips and advice.
- On Thursday, March 24, you'll have the chance to ask an FSGC professional your questions about the Topic of the Month in a live Q&A session via Zoom. We'll also answer pre-submitted questions at that time. Live Q&A sessions will run from 6:30:7:30 p.m. CST.

To get the Zoom link for the live Q&A and to submit your questions, go to [FSGCtopeka.com/parenting](http://FSGCtopeka.com/parenting) and click "Register Here" under the Topic of the Month.

Spots for the Q&A session are limited – first-come, first-served.

Registrants will receive a link to the live Q&A via e-mail by 5 p.m. CST the day of the Q&A.

For more information, contact Jim Williamson at [jwilliamson@fsgctopeka.com](mailto:jwilliamson@fsgctopeka.com) or 270.8907.

- **Follow us on Facebook ([facebook.com/FSGCtopeka](http://facebook.com/FSGCtopeka)).**
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