The NHTI Center for Educational Excellence presents A Professional Development Workshop Free to Educators

Between a Rock and a Calm Place:

Effective Strategies for Students with Anxiety-Related Behavior

With up to one in four children struggling with anxiety in this county, overwhelmed adults are in need of a new approach as well as an effective and easy-to-implement toolkit of strategies that work.

Through the use of case studies, humorous stories, and examples of common challenging situations, participants will learn easy to implement preventive tools, strategies, and interventions for reducing anxiety, increasing self-regulation, executive functioning, and self-monitoring.

Wednesday, May 11th

12:00-3:00 PM

Grappone Hall, NHTI, Concord, NH

Click Here to Register Online

Or email us at: nhti.edu@gmail.com

Or call (603) 271-6484 ext. 4325

Space is limited so please be sure to register.



By Jessica Minahan, M.Ed, BCBA

Jessica is a board certified behavior analyst an special educator and a consultant to school's nationwide (www.jessicaminahan.com). Jessica has over seventeen years of experi-



ence supporting students who exhibit challenging behavior in urban public school systems. She is a blogger on The Huffington Post, as well as the author of *The Behavior Code: A Practical Guide to Understanding and Teaching the Most Challenging Students*, with Nancy Rappaport (Harvard Education Press, 2012) and author of *The Behavior Code Companion: Strategies, Tools, and Interventions for Supporting Students with Anxiety-Related or Oppositional Behaviors* (Harvard Education Press, 2014).

