



CHECKING IN ON OUR TEENS: LEARNING HOW TO CHECK IN AND BETTER UNDERSTAND YOUR CHILD

THURSDAY JANUARY 5, 2023

7:00-8:30PM

ZOOM WEBINAR LINK: [HTTPS://HANOVER-MA-GOV.ZOOM.US/J/83297631424](https://hanover-ma-gov.zoom.us/j/83297631424)

The Hanover Public Schools Counseling Department and the Hanover SEPAC invite you to attend this informative workshop with advice from child psychologist, Dr. Julia Martin Burch on how to check in on your teen. Topics covered will include:

- Validation and normalization of how tough it is to parent right now
- Description of what's "typical" (including anxiety, sadness, stress)
- Anxious avoidance and social media
- When to worry
- Resources
- Communication strategies
- Parent tips on self-validation and compassion with these challenges
- Q & A



Julia Martin Burch, PhD is a clinical child psychologist specializing in cognitive behavioral therapy for children and adolescents. She completed her training at Fairleigh Dickinson University, Massachusetts General Hospital, and McLean Hospital/Harvard Medical School. Prior to transitioning to full time private practice and consulting, she worked as a staff psychologist in the McLean Anxiety Mastery Program (MAMP) and as a trainer and consultant on evidence-based practices in the McLean School Consult Service. She is passionate about sharing the effective techniques she uses in therapy with the lay community through workshops, consulting, and writing for such outlets as Harvard Health and the American Psychological Association.