



SUPPORTING YOUR CHILD THROUGH BIG EMOTIONS: TIPS AND TRICKS FOR PARENTS AND CAREGIVERS

MONDAY JANUARY 22, 2024

7:00 - 8:30 PM

ZOOM WEBINAR LINK: <https://hanover-ma-gov.zoom.us/j/87473319943>

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 support your child or teen through big emotions. Attendees will learn a framework for how to navigate difficult moments with intention, as well as concrete, evidence-based skills to support kids (and adults!) through big feelings.



Julia Martin Burch, PhD is a clinical child psychologist specializing in cognitive behavioral treatment of anxiety in 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 schools with the McLean School Consult Service.

At present, Dr. Martin Burch is the director of Do What Works, a group practice dedicated to providing evidence-based treatment to young people and their families. Dr. Martin Burch is also 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.