



NW ANXIETY
INSTITUTE



**Holy Cross
Catholic School**
*Educating Children in the
Light of Christ for Over 100 Years*

HOLY CROSS
CATHOLIC SCHOOL

COMMUNITY EVENT: "SUPPORTING KIDS, NOT THEIR ANXIETY"



Kevin Ashworth, LPC, Clinical Director of NW Anxiety Institute has worked for the past decade with children, teens, adults and families who live with anxiety disorders and specializes in the delivery of cognitive-behavioral therapy (CBT), and exposure therapies. Kevin presents regularly on topics of anxiety, parenting, and CBT and is passionate about helping individuals overcome their fears and change their relationship with anxiety.

MARCH 30TH, 2022

6:00-7:30PM

HOLY CROSS SCHOOL - GYMNASIUM