

WESTCHESTER ANXIETY  
TREATMENT  
PSYCHOLOGICAL SERVICES, PC



# NEXT STOP COLLEGE: PREPARING YOUR TEEN FOR COLLEGE

A VIRTUAL PARENT/CAREGIVER WORKSHOP  
THURSDAY FEBRUARY 3, 2022 @ 7PM  
\$25

- Foster your teen's independence
  - Improve communication skills
  - Learn coping skills to manage stress & anxiety
  - Prepare for some common challenges
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*Workshop provided by Dr. Alison Rivers*

**Dr. Rivers is a licensed clinical psychologist with expertise working with teenagers, emerging adults, college students, and parents/caregivers**

Email Dr. Alison Rivers at [arivers@westchesteranxietytreatment.com](mailto:arivers@westchesteranxietytreatment.com) to learn more.