

PARENTING SEMINAR



Building Resilience in Children and Teens *Parenting Guidance for Anxious Times*



Guest Speaker:
Doug Friesen, Ph.D.

Dr. Doug Friesen is a clinical psychologist with over 20 years experience providing therapeutic services to children, teens, families and individuals in the Lancaster area. He especially enjoys helping children identify their feelings and learn new coping strategies for lowering their anxiety and grow in self-confidence. Helping parents identify patterns that aren't working and developing more effective parenting strategies is part of his goal. Guiding youth to make wise decisions, build on their natural strengths and deal more effectively with stress are priorities in treatment. Doug enjoys giving seminars on parenting that will help parents feel more confident and less anxious in relating to their children and teens.

Doug lives with his wife and three children in Brownstown, PA, is an avid Red Sox fan and attends Blossom Hill Mennonite Church. Doug is co-owner of the Emotional Health Center of Lancaster, LLC, which was founded with his friend, Ronald Vogt in 2004.

Date: March 22, 2019

Time: 7:00 pm - 8:30 pm

Place: Deep Run East Mennonite Church
350 Kellers Church Road
Perkasie, PA 18944

Light refreshments provided

Cost: Free

Registration required

by March 18, 2019

Call or email:

215-766-8380

dre@deepruneast.org



350 Kellers Church Road, Perkasie, PA 18944

215-766-8380 or email: dre@deepruneast.org

www.deepruneast.org