




PARENT EDUCATION NIGHT

Event Topic:

*How to Help Your Kids Crush Worry,
Overwhelm & Perfectionism*

 Tuesday, November 12th, 2024

 6:00 PM

 Desert Hills High School
828 East Desert Hills Drive
Saint George, Utah 84790



Scan or type in Link
below for live streaming

<https://youtube.com/live/hEK5yzO4CW4>

If your kids or teens experience anxiety that interferes with their peace and optimal performance, come learn proven strategies to turn things around. We'll explore the signs that show it's time to get help and how to choose the best interventions.

Presenter:

Dr. Mary Wilde

Board Certification Pediatrician – American Board of Pediatrics
Medical Degree – University of Utah School of Medicine
Pediatric Residency – University of Minnesota
Other – National Pediatric Hypnosis Training Institute, YogaCalm

Dr. Mary Wilde is an integrative pediatrician and owner of Imagine Pediatrics Behavioral Health and Wellness in St. George, Utah. She uses a strength-based, whole-child approach to address emotional and behavioral issues in kids. Her main focus areas are anxiety, ADHD, and parenting. Dr. Wilde has created several online resources, including an online program for kids and teens with anxiety called “Resilience School,” and a parenting membership community called “Compassion Parenting.” She is an author, podcaster, TEDx speaker, and frequent contributor to various online platforms. She and her husband Jason are the parents to 8 sons. Visit drmarywilde.com to learn more.