

Live Webinar (Free!)

Helping Kids & Teens Cope with Back-to-School Anxiety

Register here

bit.ly/Cartwheel_Anxiety_Webinar

Wednesday, August 14, 2024
7:00-8:00 PM ET / 6:00-7:00 PM CT



As summer draws to a close and the new school year approaches, many children and teens start to feel the familiar jitters of returning to school. While some level of anxiety is normal and even expected, for some students, this transition can be particularly challenging.

Join us for a webinar designed for parents, guardians, and school staff to better understand and support young students and teens as they navigate back-to-school anxiety.

About Cartwheel

We partner with school districts to provide students and families with rapid access to mental health assessments, evidence-based therapy, medication management and consultation, and parent/guardian guidance. All of our services are via telehealth with licensed clinicians. We are committed to providing affordable care for everyone - including uninsured families and those covered by Medicaid.

To learn more about Cartwheel's services, please contact a member of your school's counseling or guidance team.



Meet our speaker

Dr. Elana Kagan is a psychologist in the Child Cognitive Behavioral Therapy (CBT) Program at the Massachusetts General Hospital. Dr. Kagan specializes in CBT for children, adolescents, and young adults with anxiety, mood, and behavioral disorders. Her research interests center on ways to effectively involve parents in the treatment of anxious youth. She is also interested in the dissemination of evidence-based treatments for anxiety and depression. She earned her doctorate in clinical psychology at Temple University and completed her predoctoral internship and postdoctoral fellowship at the Johns Hopkins School of Medicine/Kennedy Krieger Institute.