

# San Joaquin County SELPA

Presents:

## *“Asperger Syndrome and Anxiety”*

**Target Audience:**

**All general and special education educators**

Anxiety is frequently associated with Asperger Syndrome (AS). It is important for all educators who work with these students to be able to recognize the signs of anxiety and more importantly, to know how to support these students in dealing with anxiety. This training will also present strategies for reducing anxiety and methods for empowering students to learn to manage their own anxiety and ultimately be able to self-advocate in this area.

Participants will:

- Learn about the incidence of anxiety in students who have AS
- Understand the impact that anxiety can have on all aspects of behavior, academic performance, social engagement and mental health
- Learn strategies that can reduce anxiety and lead to self-advocacy in this student population

**Presented by:**

**Bev Long, M.A., Speech-Language Pathologist & Education Specialist**  
*Diagnostic Center, Central California*

***Tuesday, November 10, 2009***

**8:00 am - 3:30 pm** (8:00am-8:30am registration)

**Location:** San Joaquin County Office of Education  
Education Service Center - Burwood 1  
2707 Transworld Drive, Stockton, CA

**No Cost - Lunch on your own**

**Registration Deadline: November 3, 2009**



San Joaquin County  
Office of Education

### ***Registration Form***

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**No Cost - Lunch on your own**

Name: \_\_\_\_\_ School District: \_\_\_\_\_ Job Title: \_\_\_\_\_

Work Address: \_\_\_\_\_ City: \_\_\_\_\_ State: \_\_\_\_\_ Zip: \_\_\_\_\_

Phone: ( ) \_\_\_\_\_ Work E-mail: \_\_\_\_\_

Registrations will be accepted on a first-come, first-served basis only. Call Patti at (209) 468-4928 2 days prior to event to confirm registration. No phone or fax registrations will be accepted. Handouts are not guaranteed unless registration is received by the deadline.

**Remit Form To: San Joaquin County Office of Education**

**Dept: SELPA**

**Attn: Patti Farhat**

**P.O. Box 213030**

**Stockton, CA 95213-9030**