

Got Worries? Time 4 Truth!



As we turn on the news, we are bombarded by the many scary things that are happening in our world today. Children, as well as adults, are getting caught up in the terror of these situations. Many children also have worries about succeeding in school, being accepted, and having a difficult home life. Children need to know that through it all, they can count on Jesus to be with them. My book, *Anxious Abby and The Camp Trust Challenge: Bible Truths for Kids Who Worry*, shares this very message of hope and gives children practical strategies for working through their worries. The target audience is 6-12 year olds.



Author & Biblical Counselor: Alyssa Cathers, M.A.

Author Visit: Level 1

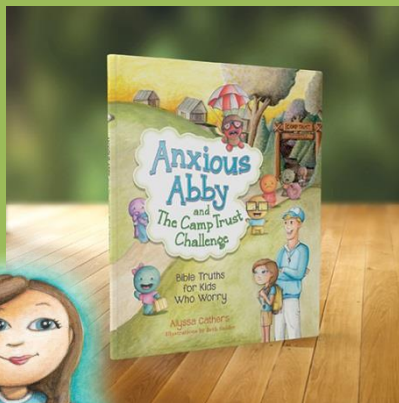
- 45 minute assembly
**Anxious Abby &
The Camp Trust Challenge**
\$125 presentation fee

Author Visit: Level 2

- 1 hour assembly plus...
- Backpack Craft: Directions will be given at the end of the assembly and the craft will be completed in individual classrooms. Author Alyssa will move throughout the classrooms and talk with students. (1 hour) *The school provides (crayons, markers, glue, & staplers).*
*\$150 presentation fee
& \$1.50 per student craft fee*

Author Visit: Level 3

- 1 hour assembly plus...
- Backpack Craft: Directions will be given at the end of the assembly and the craft will be completed in individual classrooms. Author Alyssa will move throughout the classrooms and talk with students. (1 hour) *The school provides (crayons, markers, glue, & staplers).*
- An additional hour may include any of the following: extra hour for visiting classrooms during the craft, small group session for students needing additional support for anxiety, lunch with the author, consultation with staff, parent seminar, etc.
*\$175 presentation fee
& \$1.50 per student craft fee*



**Learn ways to
work through
your worries!**

Travel expenses are not included in the above prices: There will be an additional charge of 53.5 cents per mile round trip for each day contracted. (Coming from Lehigh, PA)

For non-local areas, a price for lodging and meals would be negotiated.

Autographed *Anxious Abby* books can be ordered for \$15 each.

***Contact Alyssa to schedule your author visit at 484-629-4792 or acathers@foundchristcounsel.org.**





Anxious Abby Assembly

Testimonials



“So many children seem to carry a lot of anxiety these days about family situations and life circumstances. The Anxious Abby presentation was a great way to help children understand that they are not alone and to empower them to be overcomers who have hope. **Mrs. Cathers really captivated the children's attention with her playful and interactive dramatic presentation. The backpack craft that followed helped our students clearly articulate the worries they carry around every day and choose to exchange their worries for the truth of God's love and dedication to them.** Clinging to love instead of worry is freeing!” -*SUSAN SELBY, Administrator, Immanuel Christian School*

“Alyssa and her children brought a fun, animated presentation of their book, Anxious Abby, to our coffee shop in Palmerton. **The young storytime audience loved seeing their peers act out emotions and fears that are familiar to them!** The message of God’s comfort was prominent through the whole story, and I was thrilled when the Cathers’ family offered to present Anxious Abby once again for us at our church. **The jingle, ‘...trust in God and you’ll get through still resonates with me months after.’** -*LAURA COULSON, Pastor’s wife and Storytime Volunteer*

“What a refreshing presentation by Alyssa Cathers at our chapel! She not only read the encouraging book Anxious Abby, but had it acted out with her own children as well as students at the school. The topic about overcoming your fears was well received by not only the students, but the adults as well. **This was one of the best chapels I’ve seen over many years!**” -*RUTH MEIER, School Librarian of Bethlehem Christian School*



“You already helped me with my worries!”
-girl, age 7



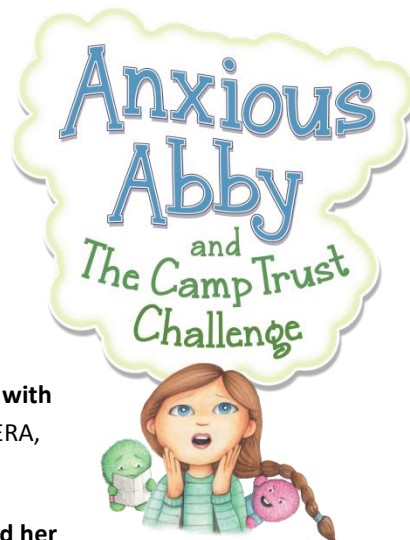


Working through our Worries

Backpack Craft



What parents, kids, & professionals are saying about

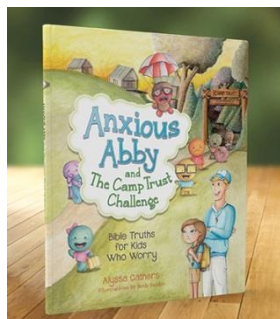


“In a world where anxiety is an ever growing problem, it is imperative that we teach our kids how to remain in God’s peace. **Anxious Abby’s genius is that it presents truths in a simple and fun children’s story and then concretes them into the hearts of the readers with practical application exercises. It has the power to impact generations!**” -MARKIE RIBERA, *Children’s Ministry Director*

“**My 9-year-old daughter, Madison has been dealing with anxiety. Anxious Abby helped her identify what her specific anxieties are, and how trusting God is the way to get those anxieties to go away.**”
-OLLIE GANN, *KIR radio host*

“**Anxious Abby is a fun and relatable story that helps kids navigate tough emotions using God’s promises and truth.**”
-KAITLYN SIPE, *First Grade Teacher, Immanuel Christian School*

“**I bought a few copies to give as gifts, and one for myself to use as a possible Sunday School resource. It’s wonderful for both.** Even more than that, in reading this delightful book, I was very surprised to realize how many weights of worry that I routinely carry without even realizing it! So I also have been greatly encouraged in “casting all my cares upon Him” in very real and practical, and supernatural ways. This beautiful book is engaging, and is timely for our stress-filled times.” -RUTH DUECK, *Homeschool Educator & Mother of 10*



“**I bought this book for my nephew who was going through a difficult family situation, leaving him anxious and unsure.** Anxious Abby’s story helps children to relate to a situation in an engaging way, while helping them understand that through God’s grace they are not alone and that they can overcome their anxieties. It’s also **an excellent resource for parents and caregivers** to help children open up about their anxieties, providing prompting questions and activities.” -CINDY, *Mother of 2*

“Children have anxieties that they may face daily. **It is nice to know this book wraps biblical truths around this subject and gives resolutions to the worries and anxieties of our precious children.**” -LISA SCHWEITZER, *Learning Coach and Family Mentor, Commonwealth Charter Academy*

“My children picked up Anxious Abby and could not wait to read it. The exercises throughout the book help parents engage with their children from a biblical perspective as they learn about the very important subject of anxiety. Now that we have read this book, **it has become a favorite and one that we have gone back to.**” -PASTOR NATHAN KENNEDY, *Father of 4*

“Anxious Abby is a **thoughtful and helpful book for children who worry and for parents, caregivers, and teachers who want to help children** in a positive and trusting way with God’s help. The Bible verses and strategies throughout the book connect wonderfully to Abby’s story.” -SUSAN MARSHALL, *Retired Reading Specialist*





"It is absolutely refreshing to have a book available that is passionately rich in biblical perspective! Biblical scripture is offered throughout the story in the "Your Turn" engaging captions, allowing children the opportunity to reflect upon their own apprehensions sparked by thoughtful questions. These questions help children to acknowledge and consider the depth of their worries, thereby learning the appropriate Christian response to dealing with concerning situations. Also, the author brilliantly reveals how God works through Coach C. to show the campers how to have victory in Christ through prayer as they endure struggles on the Trusting Tigers softball team. **My children (boys/girl/boy ages 4, 7, 10, 12) really enjoy reading and listening to this story and viewing the amazing illustrations.** I highly recommend *Anxious Abby!*" -CHRISTINE BUSLER, *Mother of 4*

"As a counselor, I've seen anxiety creep into the lives of many children who are fearful of various things: from fearing events they can't control, germs, and failure, to fearing rejection and social anxieties. Children can relate to the main character, Anxious Abby, and her many fears (the Worries), and **draws the children to seek Christ's help to work through their fears.** In trusting Christ amidst the worries, Anxious Abby is able to be courageous and face those fears. There are important truths in this book where **even the adults will be challenged to live out their faith.** I am looking forward to future books coming out by mother and biblical counselor, Alyssa Cathers!" -FRED JACOBY, M.A., *Executive Director and Counselor, Foundations Christian Counseling*



"Theology is what we believe, but psychology is what we do. Alyssa and Beth wonderfully show how our theology can inform, shape, and guide our psychology so we can be Godly decision-makers and achieve our God-given potential. **Obviously, this will connect with kids, but I will use these concepts with the teens and adults I treat as well!**" -KARL BENZIO, MD, *Christian Psychiatrist and Director of LighthouseNetwork.org*

"My 8-year-old daughter received this book as an Easter gift from a couple that are like Grandparents to her. **She loves it and I love it too!** Besides being a very relatable story, it weaves in biblical solutions to Abby's fears. Throughout the book, there are sections called "Your Turn" which ask the readers to take their understanding to a deeper level and personalize the learning. **I found myself wanting to do the challenges with her. I would love to see more books like this for this age group.**" -NANCY SHADLOW, *Mother of 2*



"This book not only helps kids understand their anxiety from a practical perspective in an easy to follow story form, but the insights are tailored to help children overcome their worries and fears. **Written by a child therapist, this book provides clinical help from a biblical perspective and with the use of illustrations & suggested activities, the therapist transfers useful skills from parent to child. A MUST read for any child suffering from anxiety!**" - JANET LANTON M.A., *Counselor, Foundations Christian Counseling*

"I can put myself where Abby is and when she went to the cross to give all her worries to God, I gave Him my worries too!"
-Tristan, Age 11

