



# Jenny Hecht

The Tale of the Worry Monster and the Twelve Dilemmas

\*based on the work of Dan Peters

In this presentation, we will explore the twelve primary causes of anxiety in gifted individuals, including those specifically connected to correlating overexcitabilities and will offer ideas and skills to support those struggling with them.

**Tuesday, February 25, 6:30pm**  
**Boulder Country Day School**  
**4820 Nautilus Ct. N, Boulder, CO 80301**



## About the Presenter

Jenny Hecht is a local Licensed Clinical Social Worker who specializes in the area of gifted children, among others. She has a passion for supporting the specific social-emotional needs of gifted individuals, particularly the existential dilemma so many face beginning at a very young age. She is also a certified yoga instructor.

Your \$40 annual membership helps strengthen our efforts and makes a difference in the lives of gifted individuals in Boulder Valley. Members also get additional benefits such as reserved seating at select programs, membership in CAGT (Colorado Association of Gifted and Talented), email newsletters and access to the BVGT Lending Library. **JOIN TODAY AT [BVGT.org](http://BVGT.org)!**

Thank you to Boulder Country Day School  
for hosting this event!