

MARCH AGENDA

Day/Date: Thursday, March 17, 2016 Time: 7:00 PM - 9:00 PM

Location: Comprehensive Grammar School Auditorium
100 Howe St, Methuen, MA

Introduction

Discuss Upcoming fair, volunteers, new vendors
spread the word for us.

Transitional Workshop at Methuen High School on WEDNESDAY April 13th

WE ARE HOSTING THE ARC OF GREATER HAVERHILL

“READY FOR LIFE! WHEN THE SCHOOL BUS STOPS COMING”

METHUEN HIGH SCHOOL, 1 RANGER RD, 7PM-9PM

THURSDAY, MARCH 17TH STRATEGIES FOR COPING WITH ANXIETY IN ADOLESCENTS

BY DR. DAVID STEMBER

The talk will cover the developmentally normal anxieties young adults face, tools that parents can utilize to help empower their kids, and signs that suggest more significant difficulties. He will touch upon strategies that all parents can use, as well as approaches he utilizes to assist individuals who display more concerning symptoms (e.g., ADD, anxiety, learning and spectrum disorders).

Dr. Stember holds a Ph.D. in clinical psychology and maintains faculty appointments at Harvard Medical School and McLean Hospital. He is a recognized expert in cognitive behavioral/exposure-based therapy for anxiety, learning and behavioral disorders. He has given grand rounds presentations, trained educators and consults to a variety of districts throughout New England. He is the prior Director of Behavioral Medicine at North Shore Children's Hospital, and maintains private practice offices in Salem and Arlington, MA.

Q AND A

Ajournement