



Decisions at Every Turn Coalition &
The Friends of the Ashland Public Library
Community Programming presents:



*So Much to Worry About: What is Causing Anxiety in Our Youth,
Why We Should Be Concerned, and What We Can Do?*

Thursday, January 21, 2016

7:00 PM – 8:30 PM

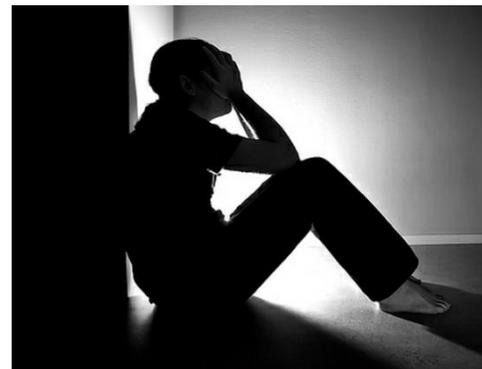
Ashland Public Library

Lower Level

This presentation is appropriate for parents of all aged children.

Anxiety is among the most diagnosed struggles of our youth today. Join us for this very important discussion and learn:

- *How to tell the difference between anxiety & stress*
- *The signs of an Anxiety Disorder in our youth*
- *Effective tools we can all use to fight anxiety*



Adolescence can bring unique challenges to young people and their families. **Our presenters** have extensive clinical experience working with and supporting families and youth coping with adolescent depression, anxiety or stress.

Mara Acel-Green, MSW, LICSW is a psychotherapist who works with both adolescents and adults. She owns Strong Roots Counseling & is an adjunct faculty member at Northeastern University.

Carolyn Chapman, MSW, LICSW is a psychotherapist with 18 years of experience working with adolescents and adults in individual, couples, & family treatment models.

Kerry Luoma, LMHC is a master's level licensed clinician with 20 years of experience in the eating disorder and clinical psychiatric field, and has worked as a school counselor and an Employee Assistance Program counselor.

Lauren Morris, MSW, LICSW is a graduate of the Boston University School of Social Work. She has deep experience with adolescents and families, providing support in a variety of settings.

*This event is part of the Decisions at Every Turn Coalition and The Friends of the Ashland Public Library 2015-16 Community Programming series. **Programs are free and open to the public.** For more information about this program, please email president@friendsoftheapl.com.*



Ashland's Decisions at Every Turn Coalition is proud to recognize the federal Drug-Free Communities Support Program for funding and Wayside Youth & Family Support Network as its fiscal agent.

