

Parenting Teens with Anxiety and Depression

Thursday March 17th

7-8pm

Dancel Center YMCA
Conference Room
4331 Montgomery Rd.
Ellicott City, MD 21043



Light refreshments to be served

Please join us for a discussion on the impact that anxiety and depression have on our teenagers. We will speak on some of the major causes of these disorders in teens today, coping strategies for dealing with acute episodes, and how to best coach our children and take care of ourselves. There will be a question and answer session following the presentation.



David Gold, Ph.D



Matt Otto, M.S. LCPC

Matt Otto and Dr. David Gold are therapists at Crossroads Psychological Associates in Columbia, MD. They specialize in working with adolescents and their families. In addition Matt and David are parents of teenagers themselves and understand the day to day challenge of living with teens during this often turbulent stage of life.

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