Montclair SEPAC invites the greater Montclair community to join in an educational discussion on the topic of Kids & Anxiety

**Wednesday, March 19th.** 7 to 9PM at the George Inness Annex, 141 Park Street, Montclair, NJ

A panel of 5 experts will present an overview of:

- How to recognize anxiety in children of all ages
- Explanations of a variety of treatments
- How social, emotional, cultural, and family stressors may contribute to anxiety

Panelists and attendees will then break into smaller groups for Q and A.

*Join us at this important event; together we can gain insight on how to help our kids in an evermore stressful world. We look forward to seeing you there!*

**Panelists:**

**Carrie Spindel Bashoff, PsyD**

is a clinical psychologist at the NYU Child Study Center who specializes in cognitive behavioral therapy and the treatment of anxiety and mood disorders.

**Peter Della Bella, MD**

is a Clinical Assistant Professor of Child and Adolescent Psychiatry at the NYU School of Medicine with private practice offices in Montclair and Manhattan. He has worked with children, adolescents, and adults cross-culturally, internationally, and within special populations. He has served as the Chief of Psychiatry and Medical Director for the YAI National Institute for People with Disabilities and has lectured widely within the medical community and the general public. He’s at www.dellabella.us.

**Ilyse Dobrow DiMarco, Ph.D.**

specializes in cognitive-behavioral therapy for adults. She is the Assistant Director of the Rutgers Anxiety Disorders Clinic and has a private practice in Millburn.

**Kevin Fried, Ph.D. Kevin**

is a clinical psychologist and psychoanalyst who works with children, teens and adults. He has a private practice in Montclair. He is a supervisor for students in the Rutgers Clinical Psychology program and the William Alanson White Institute of Psychiatry, Psychoanalysis and Psychology. He is also a consultant for Children’s Aid and Family Services and other agencies who provide services to children in the foster care system.

**David P. Steinke, PhD**

is a State and Nationally Certified School Psychologist who utilizes cognitive behavioral techniques in both his school and private work. He has worked at Montclair High School for the past nine years.

**Questions?**

Contact: MontclairSEPAC@gmail.com

*Montclair SEPAC (Special Education Parent Advisory Council) is a volunteer group of parents and guardians that provides input to the district as well as support and information to parents and caregivers of children with special needs.*

**The George Inness Annex**

is across Park Street from Montclair High School. Parking is available in the lot behind the building, on North Fullerton Avenue just north of Chestnut Street. Meeting will be in Cafeteria/Atrium next to the parking lot.