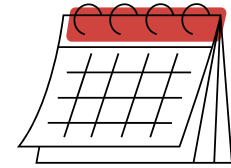




Guiding Children **THROUGH** **Stress**

Join us and our colleague from Embark Behavioral Health as we explore avenues for opening vulnerable communication with our children while staying true to our role as parents. We will dive more deeply into the topic of stress and we will learn:

- how stress impacts teens today
- to differentiate intense feelings of stress from anxiety.
- when to seek professional help for a child and how to easily find it.



Wednesday
Nov. 8, 2023
6:30pm

ABOUT THE PRESENTER: Enrollment Director at Embark Behavioral Health Main Line, Anthony Carvalho holds an MA in Couples and Family Therapy from Thomas Jefferson University. Anthony has worked in the field for over 8 years, with a primary focus on the systemic treatment of addiction and trauma.

Anthony has provided individual and family therapy to a wide range of individuals in various treatment settings and is dedicated to improving access to treatment and high quality care for all populations in need.



Register today at
wcctc.org/meet

For more information, contact:
mobilizer@wcctc.org 484-401-9226

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