



**HHH PTA COUNCIL'S  
TASK FORCE /PARENT RESOURCE Committee together with REACH CYA**

*Please join us for a parent presentation. \**



# **The Reality of Teen Anxiety: What Parents Need to Know**

**Presented by Steven Pinto, LMHC**

Adolescent anxiety is a growing issue that is having a negative impact on the lives of our young people. Why are more youth than ever before struggling with anxiety?

We will define anxiety as it is known today and examine how it affects young people. We will discuss:

- The difference between anxiety and teenage angst.
- How adolescents are coping.
- The impact of technology.
- Strategies parents can use to help their child develop coping skills.
- When to seek professional support.

*Steven Pinto is a Licensed Mental Health Counselor, psychotherapist, author and speaker. He is a consultant with numerous professional organizations, and works extensively with local schools, including HHH, to provide educational programs for students, parents and staff.*

**\* While this presentation is primarily directed towards parents, there will be useful information for teens and they are welcome to attend.**

**Wednesday, November 28, 2018, 7:00pm**  
**HHH High School East, Lecture Hall, 50 Vanderbilt Parkway, Dix Hills**

**Friday, November 30, 2018, 11:00am**  
**Fran Greenspan Administration Bldg., 525 Half Hollow Rd, Dix Hills**

*Choose either  
daytime or evening  
presentation!* →

**APPROVED FOR DISTRIBUTION**

**NOV -2 2018**

**DR. PATRICK HARRIGAN  
SUPERINTENDENT OF SCHOOLS**



For more information call Stephanie Gurin 516-236-2781, or Vanessa Newman 516-662-9493, or email REACH CYA at [Ivonbarta@reachcya.org](mailto:Ivonbarta@reachcya.org)

*This is not a HHH School District sponsored or endorsed activity. REACH CYA is a not-for-profit 501(c)(3) organization.*

*Annmarie  
11/2/18*