

# Manlius Pebble Hill School Presents Kids, Anxiety, and What We Can Do

*A Free Discussion Event for Parents and Educators*

**November 15, 2018**

7:00 p.m. at Manlius Pebble Hill School  
5300 Jamesville Rd, Syracuse, NY 13214

**Expert Panelists will discuss topics such as:**

- What does anxiety look like and what can I do as a parent/educator to help?
- Why is there a trend in increased anxiety among youth?
- How does social media play a role in student anxiety?
- How can time management skills reduce anxiety?
- How can we build resilience within our students?

**Meet our Panelists:**

Kevin M. Antshel, Ph.D., Professor of Psychology and Clinical Psychology Program Director at Syracuse University

Tanya Gesek, Ph.D., Psychologist and faculty at SUNY Upstate at the Developmental Evaluation Center

Barbara Mettelman, Ph.D., Psychologist at Neonatal Associates of CNY and Adjunct Professor at Le Moyne College



RSVPs appreciated by November 9.

[www.mphschool.org/kids-anxiety-and-what-we-can-do/](http://www.mphschool.org/kids-anxiety-and-what-we-can-do/)

Or email [jneuner@mphschool.org](mailto:jneuner@mphschool.org)