



Reading Hospital

TOWER HEALTH

Advancing Health. Transforming Lives.



OVERCOMING ANXIETY AND DEPRESSION IN CHILDREN/ADOLESCENTS: *How can families or peers help?*

There is a difference between healthy anxiety and unhappiness and an anxiety/depression disorder. Find out about the components of anxiety and depression treatment. Learn what family members and peers can do to help the child/adolescent decrease anxiety and depression.



KEYNOTE SPEAKER

Dr. Cypers's clinical and research interests focus on anxiety and stress-related issues. He worked for the past 14 years in various roles, including Director of Anxiety and Stress Programs at Children's Hospital Colorado, and working with active

Scott Cypers, PhD
duty military at Buckley Mental Health. Dr. Cypers has worked for many universities in student health services roles. At each place, he has built innovative programs to address the range of mental health issues, most notably in the areas of stress and anxiety. Dr. Cypers has built his own anxiety program that he teaches at a national level, to school districts, medical professionals, conferences and individual groups.

WHEN: Thursday, May 3, 6 to 8:45 p.m.

WHERE: DoubleTree by Hilton Hotel
701 Penn Street, Reading

INFO: Refreshments and registration begin at 6 p.m. Program begins at 6:30 p.m. Admission is **FREE**. Seating is limited. Registration is required.

Call **484-628-HELP (4357)** or go to reading.towerhealth.org/events.

Panel of Reading Hospital Specialists:

- **Lee Radosh, MD, FAAFP**, Medical Director, Family Health Care Center
- **Muhammad Raza, MD**, Child and Adolescent Psychiatrist
- **Raymond Hubbard, MD**, Pediatrician
- **Tom Adil, MDiv, LPC**, Outpatient Therapist and Adolescent Resource