

# A Special Presentation for Parents and Professionals How to Understand and Reduce Anxiety in Children & Adolescents with Paul Foxman, Ph.D. Thursday, November 16, 2017

6:30 - 8:30 pm at the Arts Barn at Hilltop Montessori School

Join us for an evening with psychologist and anxiety expert, Dr. Paul Foxman, PhD, Founder and Director of the Vermont Center for Anxiety Care, and author of *The Worried Child* and *Dancing with Fear*.

- How, why and when anxiety develops in children
- The different forms of anxiety
- What parents can do to reduce stress and anxiety
- When and how to refer for professional help
- Managing children's media exposure

Dr. Foxman will answer your questions at the end of his presentation.

Anxiety in children diminishes their intellectual, emotional and social development, as well as their physical health. Children and adolescents today are exposed to family and school stress, violence in society and media overload. The result is a shell-shocked generation of children, many of whom suffer from anxiety. Our task is to recognize anxiety in children and help them cope.

*Dr. Foxman received a B.A. in Psychology from Yale University and Ph.D. in Clinical Psychology from Vanderbilt University. He travels extensively to speak and appear on television and radio as an expert on the topic of anxiety. Dr. Foxman is known for his knowledge and clarity, sense of humor, compassion, and engaging speaking style.*

**Cost:** Free

**Location:** Arts Barn at Hilltop Montessori School,  
99 Stafford Farm Hill, Brattleboro, Vermont 05301

Space is limited, **RSVP at [info@hilltopmontessori.org](mailto:info@hilltopmontessori.org)** or call **802-257-0500**

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We would like to thank the **Winston Prouty Center** and **HCRS, Health Care & Rehabilitation Services**, for supporting this event.