

You're  
Invited!

**RAISING *and* LAUNCHING  
EMOTIONALLY  
HEALTHY  
YOUTH...**

**HOW TO PREPARE YOUR CHILDREN  
FOR THE CHALLENGES OF LIFE  
BEYOND HIGH SCHOOL!**

**Monday, November 5  
7:00 p.m.**

When is anxiety in adolescents a friend  
or foe...

Spotting behavioral and mental health issues in  
youth...

Overview of the challenges in transitioning from  
adolescence to adulthood...

Strategies to assist adolescents in navigating  
important life transitions...

Preparing youth for life after high school...

**INVITED AUDIENCE**

**PARENTS, STAFF, AND COMMUNITY MEMBERS OF THE DALLASTOWN  
AREA SCHOOL DISTRICT**

**LOCATION**

**DALLASTOWN AREA HIGH SCHOOL – AUDITORIUM**  
700 New School Lane, Dallastown, PA

**PRESENTERS**

- **DR. ANNE MARIE ALBANO** – Director of the Youth Anxiety Center - Columbia University Clinic for Anxiety & Related Disorders (CUCARD) and developer of the *Launching Emerging Adults Program*.
- **DR. LAUREN HOFFMAN** – Clinical psychologist who specializes in treating anxiety disorders among emerging adults and lead therapist for CUCARD's Young Adult Anxiety Groups and College Readiness Groups.

**QUESTIONS:** *Contact William Probert at the Dallastown Area High School*  
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**COLUMBIA UNIVERSITY  
MEDICAL CENTER**



**The Columbia University Clinic for Anxiety and Related Disorders**