



NCHS Student Services Parent Program

MONDAY, JANUARY 23, 2017
7:00-8:30 P.M., NCHS Little Theater
***co-hosted with JJHS counselors**

TEEN ANXIETY AND DEPRESSION

SPEAKER: Dr. SUSAN MYKET

Dr. Myket's presentation will provide information on what parents need to know about identifying the signs and the effects of anxiety and depression in their teenage student(s). When adolescents are experiencing more than normal levels of stress and difficulty, as parents it can be hard to figure out the contributing problems. How do you sort out what is best for your teen...for your family...for yourself? At these times, it is especially important to identify what is working; to identify individual and family strengths and how to harness these for the present challenge. Equally important is identifying thoughts, behaviors and/or environments that may be currently ineffective.

Dr. Susan Myket is a Licensed Clinical Psychologist, Child & Adolescent Specialist. She received her Ph.D. from Northern Illinois University's Clinical Psychology Program. She is the owner of Susan Myket, Ph.D. & Associates, a thriving family psychology practice in Naperville that specializes in treating children, adolescents, & their families. Her areas of expertise include anxiety (including OCD), school avoidance, depression, grief, parenting, oppositional defiance, anger, ADHD, eating disorders, hair-pulling/skin-picking disorders, trauma, relationship issues, and adjustment difficulties. Dr. Myket is also a Certified Integrated Behavior Care Specialist.

**HOME
& SCHOOL**
Naperville Central High School



Naperville Central
High School
Social Workers,
Home and School
& JJHS counselors
are pleased to
present the third
Parent Program in
2016-2017.

Please join us and
bring a friend!

Open to all
parents in
District 203 &
the Naperville
Community.

Questions?
Contact NCHS
Social Workers.

630-420-6435
630-420-6437