



Is It Normal? ***A Community Education Series Promoting Mental Health and Wellness***

Location: Dublin Community Recreation Center • 5600 Post Road • Dublin, OH 43017

Time: 7 p.m. – 8 p.m.

Dates: First Tuesday of every month

Tuesday, March 3, 2009

Title: "Childhood Anxiety: Tips for Parents" Normal anxiety in children.

- Developmentally appropriate anxiety
- Recognizing excessive anxiety
- Anxiety disorders and treatments

Presenter: Cami Winkelspecht, PhD, Psychology Fellow Nationwide Children's Hospital Behavioral Health - Dublin

Tuesday, April 7, 2009

Title: "Traumatic Experiences and the Relationship to Underage Drinking"

- This session will help the audience: Define and recognize traumatic stress.
- Discuss problems and symptoms related to adverse childhood experiences including underage drinking.
- Explore and aid the development of healthier coping strategies.

Presenters: Chris Nemeth, LISW-S, Clinical Director, Dublin Counseling Center and Lucy Smith, BA, Community Relations, Dublin Counseling Center

Tuesday, May 5, 2009

Title: Alcohol and Drug Use In Adolescence

- Prevention—the adolescent brain
- Factors reinforcing non-use
- What if there is a problem?

Presenter: Edward O'Reilly, MA, LSW, LICDC, Program Director, Neil Kennedy Recovery Clinic-Dublin

Tuesday, June 2, 2009

Topic: So, What If I Need Help?

- A panel discussion focusing on the specifics of seeking mental health or substance dependency treatment for yourself or others. Moderated by professionals from all three agencies.

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