

MSEPTA Presentation

Parenting During a Mental Health Epidemic: Strategies for Recognizing and Responding to Anxiety in Our Children and Adolescents

Dr. Berness is a NJ Licensed Psychologist with experience treating children, adolescents, and adults. She is trained in Cognitive Behavioral Therapy with a particular focus on children, adolescents, and parenting. She is the founder of Stepping Stones Psychological Services of Princeton.



DR. LAURA BERNES
PSYCHOLOGIST



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7:00-8:00pm

Media Center
Upper Middle School