



Meet and hear from  
leading experts on  
adolescents and anxiety

**February 24th, 2 p.m. to 3:15 p.m.**  
**Skokie Public Library**

Join a discussion with Dr. Meg Reuland, clinical supervisor of child and adolescent programs at Rogers Behavioral Health, and Dr. Debra Kissen, executive director of Light on Anxiety CBT Treatment Center. They will share tips on how to help reduce anxiety in kids who are struggling with perfectionism. **Hear how they can improve functioning and accept being “perfectly imperfect” and embrace “good enough” living.**

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**Skokie Public Library (Business center on 2nd floor)**  
5215 Oakton Street  
Skokie, Illinois 60077

This is a free event. Tea, coffee, scones, and muffins will be served.  
After a brief presentation there will be time for Q&A.

**RSVP [blair.famarin@rogersbh.org](mailto:blair.famarin@rogersbh.org) or 815-871-7284.**