

In collaboration with Personal Care Physicians  
and Riverside Pediatrics,  
Judge Baker Children's Center presents:

# Promoting Positive Coping

*Identifying & Managing  
Stress and Anxiety in  
Children and Adolescents*



Dr. Leah Guterman

Are you a parent or  
healthcare professional?  
Is your child or teen ever  
stressed or anxious?

Join us to learn about common  
signs of anxiety in children and  
adolescents, distinguishing  
normal stress from an anxiety  
disorder, and strategies to  
promote positive coping.

Q&A session to follow.

Thursday, June 3, 2021  
7:30 – 8:45 PM

Zoom ID: 965 7388 7664

## ABOUT THE PRESENTERS:

Dr. Rhea Chase is the Director of Early Childhood Programs at Judge Baker Children's Center in Boston. She is a Global Trainer in Parent Child Interaction Therapy, and has extensive experience in the treatment of disruptive behavior and anxiety in children and adolescents. She received her training in the treatment of anxiety at the Center for OCD, Anxiety, and related disorders at the University of Florida and the Center for Anxiety and Related Disorders at Boston University, and she has published on the treatment of anxiety in children and adolescents.

Dr. Leah Guterman is a postdoctoral fellow at Judge Baker Children's Center in Boston. She has significant clinical experience working with children, adolescents, and their families treating a variety of disorders including disruptive behaviors, anxiety, OCD, and depression. Dr. Guterman also utilizes her positive psychology background to highlight the parenting strategies that foster child resiliency, grit, and self-acceptance.

This event is hosted and  
sponsored by Mark Su, MD  
and Personal Care Physicians.



A donation of \$25-30 is  
encouraged, but no fee is required  
to attend. Donations may be preferably  
made via Venmo (@Mark-Su-1) or  
PayPal (DrMarkSu@gmail.com); or  
alternatively by providing contact info  
for you to be reached for a credit card  
transaction at DrMarkSu@gmail.com