

The School Psychologists within the Old Saybrook Public Schools presents:

# Finding Clarity in the Chaos: Perspectives on & Strategies for Anxiety Management



**Wednesday, March 27 | 6 – 730PM**  
**Old Saybrook High School's Library Media Center**  
**1111 Boston Post Road, Old Saybrook, CT 06475**

Please join us for an engaging, interactive panel discussion that will host five community providers\* who will share their experiences in helping individuals identify, navigate, and manage anxiety. The evening will provide an opportunity for parents, guardians, and high school students to ask questions and have open dialogue in a supportive, collaborative environment.

\*Those in attendance (in alphabetical order) include:

**Melissa Kish, LPC**  
**Kerry Litke, LCSW**  
**Sharif Okasha, PsyD**  
**Benjamin Schreiber, LCSW**  
**Camila Smith, LCSW**

This evening program is open to all district parents/guardians, as well as high school students.

Refreshments will be provided, as well as childcare for children ages 5-10.



To ensure we have enough materials and space for all those attending, please contact Gretchen Holthausen to reserve a seat ([gholthausen@oldsaybrookschoools.org](mailto:gholthausen@oldsaybrookschoools.org); 395-3175 x4508). Should you have any specific questions/topics you would like the panel to address, please send along your question(s)/requests within your RVSP.

District School Psychologists are: Anita Costanzo (Goodwin Elementary School); Susan Diaz (Old Saybrook Middle School); Gretchen Holthausen (Old Saybrook High School) & Marissa McCarthy (Old Saybrook High School)