

Anxiety Plus Autism: Anything but Neurotypical

Wednesday, December 16 at 7:00 pm

Individuals on the autism spectrum frequently struggle with anxiety, but parents and teachers don't always recognize it as anxiety. Why? Because students on the spectrum often experience anxiety differently than neurotypical students. What are the triggers we sometimes overlook? What are the unexpected reactions anxiety can produce? What approaches are best for supporting these students at home and in class? Join us to find out how anxiety may be affecting your child on the autism spectrum, and what you can do to help.

Our guest speakers:

Jonathan Dalton, Ph.D., licensed psychologist and founder and director of the Center for Anxiety and Behavioral Change (CABC) in Rockville, MD.

Jeremy Pedneau, an autistic young adult and recent graduate of UMBC living in Montgomery County with his parents and working as a piano tuner.

Find out more and register at www.xminds.org.



Dr. Jonathan Dalton



Jeremy Pedneau