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A WESTCHESTER VIRTUAL SPEAKER SERIES

WEDNESDAY, DECEMBER 7 7-8:30PM



Aaron Weiner, PhD, ABPP

Board Certified Psychologist & Addiction Specialist

Dr. Weiner is a board-certified Psychologist and addiction specialist, and speaks nationally on the topics of addiction, behavioral health, and the impact of drug policy on public health. He earned his doctorate from the University of Illinois at Urbana-Champaign and completed his fellowship in Addiction Psychology at the VA Ann Arbor Healthcare System. His perspective is informed by years of experience growing and directing addiction service lines for hospitals and healthcare systems, the current state of medical and psychological research, and his own observations in private practice. Dr. Weiner is the President of the Society of Addiction Psychology, a member of the Physician Speakers Bureau for the National Safety Council, and on the Science Advisory Board for Smart Approaches to Marijuana.

Creating Stability in a Changing World: Cultivating Teen Mental Health in 2023

The world is shifting - between emerging from COVID-19 precautions, war in Europe, climate concerns, and political polarization, society feels very different now than it did just a few years ago. Although it's been stressful on all of us, youth have had the additional challenge of coping with these changes without the same perspective or mental tools as adults, leading to a nationally recognized emergency in youth mental health.

As a parent, it can be difficult to know where to start - how to create a sense of stability for our children in a very unstable time. Join psychologist Dr. Aaron Weiner for an exploration of three foundational principles in creating emotional stability - connection, structure, and confidence - and how parents can work with their kids to build these tools for emotional resilience from home.



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