



OUR SAVIOUR'S LUTHERAN CHURCH

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For Immediate Release

Our Saviour's Hosts 'LifeTalk' on Adolescent Anxiety *Norwalk Hospital's Lateef Habib is Guest Speaker on May 9*

FAIRFIELD, Conn., April 26, 2015 – Our Saviour's Lutheran Church will hold a talk on adolescent anxiety led by a clinical social worker and positive parenting expert from Norwalk Hospital on Saturday, May 9, from 10 am to noon, at the church. Free and open to the public, the event is the first in the church's new "LifeTalk" series of speaker-led conversations exploring issues of concern to the community. Coffee and refreshments will be served.

The talk, "The New Realities of Adolescent Anxiety," will be led by Lateef Habib, LCSW, BCD, clinical coordinator of Outpatient Services in the Department of Psychiatry at Norwalk Hospital, and a Certified Positive Discipline Parenting Educator.

Parents of teens struggling with anxiety and depression will learn about:

- The changing world of Social Media and Internet usage trends that may put teens at risk;
- How to identify problems in teen behavior and find appropriate treatment options when needed;
- New behavioral health-related apps they can use.

In addition to his role at Norwalk Hospital, Habib is the Chair of the Multicultural Committee of the Clinical Pastoral Education Advisory Board, and serves as Vice President of the Board of Directors of the Southwest Regional Mental Health Board. He regularly speaks at health fairs and in community outreach programs, appears frequently on television programs, and has contributed articles to various publications.

Our Saviour's is located at 160 Hill Farm Road in Fairfield. For more information, contact the church at (203) 255-0545 or visit www.oursaviours.net.

About Our Saviour's

Our Saviour's Lutheran Church, a congregation of the Evangelical Lutheran Church in America (ELCA), reaches out to the world and to its local communities with the Good News of the Gospel of Our Lord Jesus Christ. The congregation receives strength for this mission through Worship, Christian Education, Service, Benevolent Giving, Witness, Mutual Support and a commitment to grow in faith and participation. Our Saviour's is guided in the belief that, "As God Gives to Us, So We Give to Others." Holy Communion is celebrated during worship at 8:30 a.m. and 10:30 am each Sunday, with Sunday School and Adult Discussion held between services at 9:30 a.m. For more information, call (203) 255-0545 or visit us at www.oursaviours.net.

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