



Licensed Psychologists Dedicated to the
Emotional Well-Being of Children, Adolescents & Families.



Peter Montminy, PhD



Peggy Nadenichek, MEd



Kristen Smith-Simon, PhD

Got Kids?

We Can Help.



Julie Pelletier, PhD

Free Public Presentations

October

Wednesday Evenings 7:00 - 8:00pm

- 10/07 Coping 101: How to Help Your Child Successfully Cope with Stress & Anxiety
with Julie Pelletier, Ph.D.
- 10/14 Mindful Solutions for Child Behavior Problems
with Peter Montminy, Ph.D.
- 10/21 Eating Disorders 101: Warning Signs, Prevention Strategies, & Effective Treatments
with Julie Pelletier, Ph.D.

November

Special Saturday Morning Workshop with Dr. Peter Montminy

- 11/07 An Invitation to Mindfulness - Reducing Stress, Building Resilience in You & Your Kids

Wednesday Evenings 7:00 - 8:00pm

- 11/11 Cutting 101: What to Do If Your Child Self-Harms
with Julie Pelletier, Ph.D.
- 11/18 Mindful Solutions for Homework Problems
with Peter Montminy, Ph.D.

Pre-registration is required. Contact Alisha at 814.235.1100 x102 or info@midstep.com

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