

# Anxiety & Depression

with Sarah Mitchell, LICSW & Brittany Sterling, PHD



**FEBRUARY 15TH, 7:00-8:00PM**  
**HAMILTON-WENHAM LIBRARY**

Hamilton-Wenham Library presents a one-hour talk on the science and treatment of anxiety & depression with 1A Wellness therapists, Brittany Sterling and Sarah Mitchell.



**Brittany Sterling, PhD** (she/her/hers) has been working with teenagers, young adults, and parents for over 10 years. She has worked in schools, homes, hospitals, private practices, and community mental health settings. Brittany's clinical work focuses on mood disorders, attachment, parenting, and serving members of the LGBTQIA+ community.

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**Sarah Mitchell, LICSW** (she/her/hers) has over 20 years of experience as a clinician working with adults, teens, and families. She also has extensive experience working in schools with students and their families around navigating issues of anxiety and depression.

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