



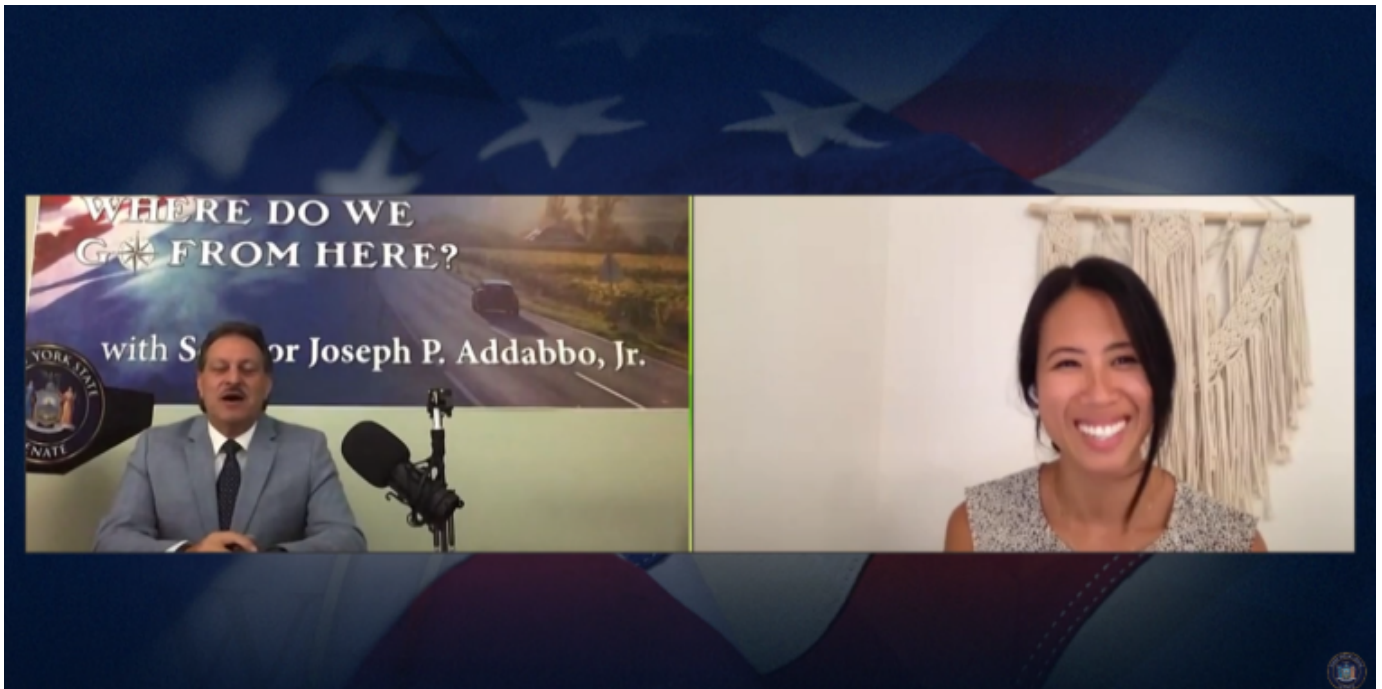
NEW YORK STATE SENATOR

Joseph P. Addabbo Jr.

## Addabbo Launches New Podcast Series to Tackle Community Issues

[Joseph P. Addabbo Jr.](#)

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Senator Addabbo has launched a new podcast series.

Senator Joseph P. Addabbo, Jr. has launched a new podcast series called "*Where Do We Go From Here?*" These 15-minute shows will be available on his YouTube channel and each episode will feature a special guest and will tackle an important community issue.

In the premiere episode, Senator Addabbo discusses the top 5 strategies to help students and parents prepare to go back to school physically, emotionally and psychologically. His guest is Dr. Kristina Wong of the Forest Hills Psychology Group. Dr. Wong has extensive training and experience in Cognitive Behavioral Therapy (CBT) and Dialectical Behavioral Therapy (DBT). She is also trained in SPACE treatment (Supportive Parenting for Anxious Childhood Emotions).

At the end of each episode, Senator Addabbo will ask his guest to answer "*Where Do We Go From Here?*" as it relates to the topic, looking forward on how the community can make progress and devise solutions.

"I am optimistic that this new series of podcasts will inform, educate and entertain," Addabbo said. "Over the coming months, I will seek to examine a wide variety of topics and issues. I believe these podcasts will allow me to have a closer connection with my constituents through this visual form of dialogue and I look forward to them joining me on the journey to answer the question "*Where Do We Go From Here?*"

The first episode of Senator Addabbo's podcast is available at the link below:

<https://youtu.be/noTnvt7VV28>