

Juanita

From: "Comox Valley SD 71" <synrevoice@sd71.bc.ca>
Date: Monday, April 04, 2016 7:19 PM
To: <kiwjuan@telus.net>
Subject: SD71 Anxiety Workshop - April 11, 2016

Is your child struggling with anxiety? Worrying about everything? Avoiding things?

What?

Develop a better understanding of anxiety and anxiety problems in children and youth. Learn about helpful resources and strategies for managing anxiety, which include relaxation exercises for "dialing down" physical symptoms of anxiety; healthy thinking strategies to combat worries; and tools for facing feared situations. Get tips on helping your child develop a healthy foundation, deal with difficult emotions, face challenging situations, learn to tolerate uncertainty, and build resilience.

Who?

Dr. Kristin Buhr is a Registered Psychologist and Director at the North Shore Stress and Anxiety Clinic (www.nssac.ca). She specializes in the assessment and treatment of anxiety and mood difficulties in adolescents and adults. Dr. Buhr is also a consultant for AnxietyBC (www.anxietybc.com). She provides educational lectures and workshops on managing anxiety and has also developed self-help materials for adults, parents, and youth coping with anxiety problems.

When?

7:00 -- 8:30 p.m., on Monday, April 11, 2016.

Where?

Valley View Elementary School Gymnasium

Childcare will not be provided.

Please bring a donation for the Food bank.

Contact Gerald.Fussell@sd71.bc.ca if you have any questions.

I attended this workshop.



Juanita Phillips-Bell

4/10/2016