

‘intheknow’

information + support

“Worries and Woes: Identifying and Preventing Anxiety in Children”

Join us for a Video Presentation

Anxiety disorders are the most common form of psychological problems reported and can interfere significantly in the lives of children.

This talk will help to:

- Increase awareness of the anxiety disorder spectrum,
- Identify basic behavioral indicators of anxiety in children,
- Develop a preliminary understanding of the current research,
- Understand the efficacy of psychological treatment and be aware of techniques that are useful to implement immediately with an anxious child and become aware of resources in our community

Topic Presenter:

Lynn D. Miller PhD, R.Psych
Associate Professor, Education and Counseling Psychology and
Special Education, UBC.

Thursday May 23th, 2019 6:30pm – 8:30pm

Mission Public Library
33247 2nd Ave
Mission BC

FREE OF CHARGE

Please RSVP by email: monica.thimer@familysmart.ca



‘intheknow’ provides expert speakers on topics important to families and/or to those working to support the mental health of children and youth.

Viewing is available:

Online at:

www.familysmart.ca/in-the-know

In person at community sites:

www.familysmart.ca/events/

The in person viewing also provides an opportunity for supported conversations.