

‘intheknow’

information + support

Erupting Angst: Understanding the collision between anger & aggression in the world of anxiety

This workshop will seek to provide an understanding of the reasons why anger and aggression often become the challenging mask behind which anxiety hides.

Dr. Vanessa Lapointe Rpsych, registered psychologist, speaker, and mother, works with communities, parents, and children to cultivate a sense of hope in the face of mental health and related challenges.

Thursday, December 24, 2019
6:30pm – 8:30pm

Cloverdale Recreation Centre
Room 206
6188 176 Street
Surrey, BC V3S 4E7

FREE OF CHARGE

To secure your spot please RSVP by phone or email to:
nicole.taylor@familysmart.ca
604.878.3400 / 1-855-887-8004



‘intheknow’ provides expert speakers on topics important to families and/or to those working to support the mental health of children and youth. The in person viewing also provides an opportunity for supported conversations between families and/or service providers.

Participating can happen either in person at various community sites or online at:
www.familysmart.ca/in-the-know