

‘intheknow’

information + support

Worries and Woes: Identifying and Preventing Anxiety in Children

Join us for a Video Presentation

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 Presenters:

Lynn D. Miller PhD, RPsych, Associate Professor in the Education and Counseling Psychology and Special Education department at UBC.

January 16, 2019 - 6:30pm – 8:30pm

Room 136 Coquitlam Public Library, City Centre Branch
1169 Pinetree Way, Coquitlam
(free parking on second floor of parkade)

FREE OF CHARGE

Please RSVP by email: moira.hazlehurst@familysmart.ca /
marlisse.mcrobie@familysmart.ca
or by phone: 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.

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.