

Childhood Anxiety

A Workshop for Parents and Educators

“Essential information and empowering strategies for parents, caregivers, and educators of children and teens.”

PRESENTER:

Julie-Anne Richards

M.A., C.C.C., R.C.C

Psychotherapist,

Psychoeducational Consultant

This workshop provides the opportunity to:

- Gain a greater understanding of the various forms of anxiety
- Gauge where your child may stand along the anxiety spectrum
- Acquire individual guidance and effective strategies tailored to reduce your child's anxiety at home and at school
- Discover what works vs. common well-intentioned strategies that don't work

WHEN: Saturday, May 31st 1:00 – 3:00 PM

WHERE: Pivot Point Clinic, #5-230 Menzies St., Victoria

COST: \$60- Receipts will be issued for School District funding needs. Certificates of attendance are also available.

REGISTRATION: To register, visit www.PivotPoint.ca/calendar or for further information call 1-866-531-4544.

DEADLINE: Registration closes Friday, May 23rd at 5:00pm

