



"Making Sense of Anxiety and Cultivating Resiliency"

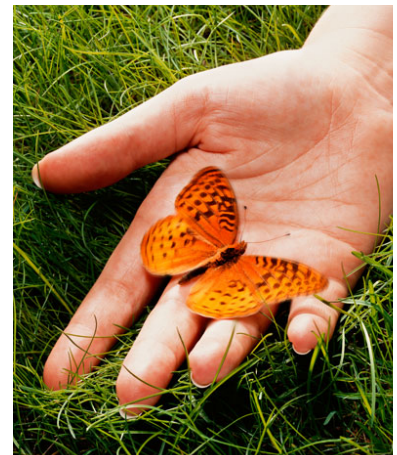
Anxiety is one of the leading issues among children and teens today. From school to home, anxiety can happen anywhere and can take on many forms from worrying, obsessions, compulsions, phobias and other perplexing behaviours. What is clear is we cannot treat something we do not understand. What is the path to cultivating resilient children who can handle adversity and bounce back from challenges? This presentation will focus on how parents play a critical role when it comes to dealing with anxiety and cultivating resiliency.

Date: Thursday, February 15, 2018

Time: 6:30 – 8:30 PM

Place: Lord Byng Elementary School Gym
3711 Georgia Street, Richmond, BC

Admission: Free! Donations of non-perishable food items for the Richmond Food Bank will be welcomed.



Dr. Deborah MacNamara

Dr. MacNamara is on Faculty at the Neufeld Institute and presents, teaches, and writes on all facets of child and adolescent development based on the relational-developmental approach of Gordon Neufeld. She is also in private practice where she offers counselling services to parents and professionals in making sense of learning, behavioural, and developmental issues in kids. Deborah is a dynamic teacher and experienced counsellor with over 20 years experience working in educational and community mental health settings such as UBC, Kwantlen Polytechnic University, and the Canadian Mental Health Association. As a parent she strives to build an attachment village for her children to grow up in.

This workshop is appropriate for **parents** of children of all ages.

This workshop is not appropriate for children to attend.

If you are interested in attending this presentation, please RSVP to

Emi Dyck, diefenbakerpac@gmail.com, by
Thursday, February 8th, 2018

Please include the number of adults attending