

Is your child struggling with anxiety? Worrying about everything? Avoiding things?

Develop a better understanding of anxiety and anxiety problems in children and youth.

Learn about helpful resources and effective cognitive-behavioural (CBT) strategies for managing anxiety, which include relaxation exercises to help “dial down” physical symptoms of anxiety; healthy thinking strategies to combat worries; and tools for facing feared situations. Get tips on helping your child develop a healthy foundation and manage excessive worry, panic, perfectionism, test anxiety, social anxiety, and school refusal.

The facilitator Dr. Kristin Buhr is a Registered Psychologist and Director at the North Shore Stress and Anxiety Clinic (nssac.ca). She specializes in the assessment and treatment of anxiety and mood difficulties in adolescents and adults. Dr. Buhr is also a lead consultant for AnxietyBC (www.anxietybc.com).

When? Wednesday March 22nd, 2017, 6–8 pm

Where? Salt Spring Island Public Library

How? Please register with Eventbrite at anxietyandadolescence_saltspringisland.eventbrite.com

Limited child-minding available by registration.



These sessions are brought to you by the Salt Spring Island Local Action Team as part of the Child and Youth Mental Health and Substance Use (CYMHSU) Collaborative, funded in partnership by Doctors of BC and the BC government.

Please direct any questions/concerns to Justine at jthomson@divisionsbc.ca