



Is proud to present...Back by popular demand!

Anxiety in Children & Teens

Featuring Don Lasell, well known Clinical Counsellor and Speaker:

Wednesday, October 6th, 2010

6:45pm - 8:30pm

\$5 per couple/\$3 per single

**at Central Elementary School,
2261 Central Avenue, Port Coquitlam**

Learn about; What Anxiety is and how to recognize it
Hear a Parents story and perspective
Strategies to help your child/teen manage it,
Where you can go for help.

- **FREE Childminding available**
- Advance Registration required • Light Refreshments provided

Visit www.denisboyd.com/psychealth for articles and newsletters on topics from *Family and Parenting to Marriage and Relationships, Personal Growth, Grief, Ageing, Stress and Anxiety.*

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Central Elementary School 6:45-8:30pm

Please register by emailing SSFSPPE@gmail.com and pay at the door.

Cheques can be made payable to 'SFSPPE' or 'Southside Family of Schools Parent Education'.

Please let us know how many adults will be attending and if child minding is required.

If any further information is required please contact scitulec@sd43.bc.ca