

Making Sense of Anxiety

Wednesday, February 11th

7:00—9:00

**Hillcrest Middle School
Gymnasium**

Parents of school-aged children in our community are encouraged to attend!

No advance registration required

Admission:

A donation for the foodbank: a can or two of food or a “Toonie”

Hope to see you there!

Drobot Counselling

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There is currently an epidemic of anxiety affecting children of all ages. Anxiety can take many forms including obsessions, compulsions, phobias, panic, sleep issues, physical illnesses, as well as a host of perplexing behaviours such as seeking attention and avoiding situations. Today’s world can create many challenges for children with school pressures, peer interactions, family dynamics, negative self-image, perfectionism, and many other stressors that can impede a child’s ability to play, learn and grow. Whether it’s the natural, episodic worries of childhood, or more profound and crippling versions of anxiety, family therapist Colleen Drobot will help make sense of the roots of anxiety using Dr. Gordon Neufeld’s approach. Through stories, examples, and theory, Colleen will suggest ways in which parents can help support their children to find psychological and emotional rest in their world.

Colleen Drobot

B.Ed., Dip. Of Special Education
Registered Professional Counsellor (RPC)
Faculty, Neufeld Institute



Colleen Drobot is a registered professional counsellor and parent consultant with a private practice in West Vancouver. She works with adults, families, and adolescents. She is also an educator with the Coquitlam School District and has over 20 years experience working with children in the regular classroom or in special needs settings. She is a faculty member of the Neufeld Institute and has worked with Dr. Neufeld’s

approach for many years. Colleen is a mother of two and draws from her personal as well as professional experience to support parents and professionals in gaining insight, opening their hearts.