

# COME & LEARN WITH US!



## FamilySmart Event for Parents and Caregivers

**DATE:** Monday, February 12th

**TIME:** 6:30pm - 8:30pm

**LOCATION:** Old Mill Boathouse, Port Moody

**COST:** Free

**REGISTER AT:** [familysmart.ca/Events](https://familysmart.ca/Events)

*With gratitude, FamilySmart would like to acknowledge the generosity of the Ministry for Child & Family Development for sponsoring this event.*

### DEEPENING OUR UNDERSTANDING AND SUPPORT FOR THOSE WITH DISORDERED ANXIETY: When it's Beyond Average and the Basics Don't Cut it

This workshop is designed for parents and caregivers to take our introductory knowledge about disordered anxiety into deeper territory. After a brief overview of how anxiety operates in the body and is expressed by children and youth, we'll explore together what it really means to "manage" anxiety, how caregivers can recognise their child's "go-to" stress response, work with their window of tolerance and built-in super powers, help their kids to move through the stress cycle, and build an advanced tool kit for facing what feels hard. We'll learn through presentation, stories, reflection, and questions, informed by both research and our lived experience.

**Speaker:** Karen Peters Registered Clinical Counsellor in full time private practice with an amazing team of therapists at ThriveLife Counselling & Wellness. She supports individuals, couples and families in their mental health and relationships through counselling, education, parent coaching and her podcast, "Parenting in the Trenches". Karen has two daughters and has navigated the mental health system both personally as a parent, and professionally.