

**PLEASANTSIDE ELEMENTARY SCHOOL AND PORT MOODY'S NORTH
SHORE FAMILY OF SCHOOLS PARENT EDUCATION COMMITTEE**

PRESENTS

When the Worry Monster Attacks Supporting Children Struggling with Anxiety

PRESENTED BY

Dr. Vanessa Lapointe



TUESDAY MAY 15TH – 6:30-8:30PM

**HERITAGE WOODS SECONDARY SCHOOL THEATRE
1300 DAVID AVENUE, PORT MOODY**

This workshop is for parents who are supporting a child who is struggling with anxiety. Estimates are that over 42,000 children in BC are experiencing some form of anxiety "disorder." Anxiety comes in many shapes and sizes, and appears different in younger children than it does in older children and adults.

Parents will learn about the common forms of anxiety in children (ex: Separation Anxiety, Obsessive-Compulsive Disorder, Phobias, Generalized Anxiety Disorder, Social Anxiety and Post-Traumatic Stress Disorder). What unites these different expressions of worry? How best support a child feeling overwhelmed by such worry? Participants leave with a better sense of how to help put a child's worry monster to rest.

Cost is \$3 per person, advanced registration is required. Tickets can be purchased from Iris Gosselin at the office at Pleasantside Elementary. Child minding provided by students for those who pre-register (space is limited). Give the names and ages of your school aged children (ages 5-11) if childcare is requested to Iris Gosselin at igosselin@sd43.bc.ca – confirmation is required. If you have any questions, please contact: Moir@forcesociety.com Light refreshments will be provided. All parents are welcome!

Sponsored by ***The F.O.R.C.E. Society for Kids Mental Health***

