



Is proud to present...

# Anxiety and Self esteem in Children

Featuring Don Lasell, M.A. Registered Clinical Counsellor

Monday, October 29<sup>th</sup> 2012 6:45 – 8:30 p.m.

at Castle Park Elementary

1144 Confederation Drive, Port Coquitlam

**\$5 per couple/\$3 per single**

Don will talk about understanding the dynamics of how anxiety works and learning to recognize the different types of anxiety children experience. Don will teach strategies that children can use to better manage their feelings of anxiety as well as parenting strategies which better support our children as they learn to face their fears and build greater confidence.

- **FREE Childminding available with advance registration**
- Light refreshments provided

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**Castle Park Elementary**  
**Oct 29, 2012 - 6:45-8:30pm**

Please register by emailing [SSFspe@gmail.com](mailto:SSFspe@gmail.com) and pay at the door.

Cheques can be made payable to 'SFSPE' 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](mailto:scitulec@sd43.bc.ca)