



# Supporting My Child with Anxiety: A Presentation for Parents



Presented By: Michelle Srdanovic, M.A., R.C.C.  
Friday, May 27, 2016



Holiday Inn, Vancouver Center  
711 W. Broadway, Vancouver, BC

Registration & Refreshments 6:30-7:00pm

Presentation 7:00 pm – 8:30 pm

This presentation will assist parents in gaining a deeper understanding of their child's experience of anxiety so they can help with anxiety management and coping. The goal is to equip parents with concrete strategies, written materials and resources that will assist them in supporting their anxious child.

Michelle will introduce her T.E.A.M. approach to parenting a child with anxiety, which includes information about how to talk to our children about anxiety, when to "push" and when to "protect", as well as how to manage melt downs. We will also discuss ways that parents who worry about their child's worrying can take care of themselves in the process. There will be time for discussion and questions at the end of the session (from 8:30-9:00pm).

## Who Should Attend:

- Parents
- Caregivers
- Teachers
- Others who support children with anxiety





## About our Presenter:



Michelle Srdanovic is a Registered Clinical Counsellor with a Master's Degree in Counselling Psychology from Simon Fraser University. Over the last 15 years, Michelle has worked with families, couples and children using expressive, cognitive-behavioural and narrative therapeutic practices, as well as provided community education on the topics of trauma, emotion regulation, self-harming behaviours and anxiety. In the past, she worked as a Family Counsellor with Family Services of Greater Vancouver providing assessment and therapy to parents and children referred by the MCFD (Ministry of Children and Family Development). She currently divides her time between counselling a broad range of clients in her private practice, supervising graduate interns, and serving as Faculty at BCIT where she teaches psychology and counselling skills. Her private practice work is focused on supporting families who struggle with anxiety and emotion regulation.

## Registration Information:

Please register and pay online at [www.bccec.org](http://www.bccec.org)

**Registration deadline: Monday, May 23, 2016**

Register early, enrollment is limited.

**Registration fee: \$15.00 / Couples Rate: \$25.00**

(Registration fee includes workshop and light refreshments.)

## About the BC Council for Exceptional Children

*Since its inception, BC CEC has advocated for students with exceptionalities—those with disabilities and special challenges as well as those with gifts and talents. BC CEC is committed to individuals who work with students with exceptionalities—educators, support personnel and parents—recognizing that these dedicated people require tools, resources and professional opportunities to perform their jobs well. BC CEC supports these individuals by providing educational workshops and conferences on leading best practices throughout the year.*

*BC CEC's highlight each year is the YES I CAN! Awards celebration to recognize the outstanding achievements of students with exceptionalities in British Columbia. Students from around the province are recognized in one of seven different categories: academics, arts, athletics, school and community activities, technology, self-advocacy, and transition. Consider nominating a student you know. For more information, go to the BC CEC website at [www.bccec.org](http://www.bccec.org).*

*For more information about the BC Council of Exceptional Children, check out our website at [www.bccec.org](http://www.bccec.org). Join today!*

