



Parent and Student Information Session

Hosted by the Education Committee

Supporting Children and Youth in a Pandemic



Presented via ZOOM

With Dr. Sean Larsen

Tuesday, Feb. 1st,

6:30-8:00 pm

Problematic anxiety in childhood is common and disrupts opportunities for healthy experiences. Anxiety can influence a child's ability to achieve academically, make friends, or find reward in the activities they take part in. About one in ten Canadians will access mental health support for mood and anxiety disorders in their lives and a far larger percentage could benefit from these supports and a better understanding of what anxiety is and how it impacts their lives. This workshop will give you essential tools to better understand anxiety in children, recognize when it is becoming problematic, help children build the capacity to overcome it, and create environments to foster better outcomes for those struggling.

Drawing on literature on brain development, emotional regulation, psychology, and years of clinical experience I will help you better understand children's anxiety and how to support them in more meaningful ways.

[Click here to join by Zoom](#)

Call 250-837-2101 or email ssalon@sd19.bc.ca
to pre-register and receive a direct zoom link
(Preferred but not necessary)