



# ANXIETY & YOUTH

## JANUARY 24, 2017

Develop a better understanding of anxiety and anxiety problems in children and youth. Learn about helpful resources and effective cognitive-behavioural (CBT) strategies for managing anxiety, which include relaxation exercises to help “dial down” physical symptoms of anxiety; healthy thinking strategies to combat worries; and tools for facing feared situations. Get tips on helping your child develop a healthy foundation and manage excessive worry, panic, perfectionism, test anxiety, social anxiety, and school refusal.

Tickets must be purchased in advance for this event at Brown Paper Tickets, <http://bpt.me/2771432>. The cost is \$5.00 per person (\$6.17 with service fee).

Questions? Please, contact Andrea Ruffo at [aruffo@sd35.bc.ca](mailto:aruffo@sd35.bc.ca) or 604-882-0220, local 236.

*This presentation is intended for an adult audience*

**Is your child  
struggling with  
anxiety?**

**Worrying about  
everything?**

**Avoiding things?**

**Hosted by WGSS  
and Dr. Kristin  
Buhr, Registered  
Psychologist and  
Director of the  
North Shore  
Stress and  
Anxiety Clinic**

### **WGSS**

8919 Walnut Grove Drive  
Langley, BC V1M 2N7

604.882.0220

January 24, 2017

7:00 PM

Limited seating, purchase  
your ticket early