

# Langley DPAC & Langley Parents as Partners in Learning Presents

Christine YU M.A.,



Christine has worked extensively in the field of anxiety, both as a researcher and a practitioner. She is currently working as a Registered Clinical Counsellor at the LEAP Clinic in Vancouver, BC, providing evidence-based treatment for children, adolescents and families. She also supports teen on the Eating Disorders Inpatient Unit at BC Children's Hospital in her role as a Youth and Family Counsellor. Christine aims to increase awareness and promote mental health literacy in the community

February 6<sup>th</sup> 2017 @ 7PM

Langley School Board Office 4875-222nd Street, Langley BC  
Child minding available upon request (e-mail [info@langleydpac.ca](mailto:info@langleydpac.ca))

## Signs and symptoms of generalized anxiety include but not limited to:

- excessive, ongoing worry and tension
- an unrealistic view of problems
- restlessness or a feeling of being edgy
- irritability
- muscle tension &/or muscle aches
- headaches
- sweating
- difficulty concentrating
- nausea
- tiredness
- fidgeting
- trouble falling or staying asleep



**Cost for this workshop is \$15 per participant or \$25 for two.**

To register please send a cheque to the address below **and** pre-register by email ([info@langleydpac.ca](mailto:info@langleydpac.ca)). Fill out the form below, and mail in with payment:

**Name:** \_\_\_\_\_ **School:** \_\_\_\_\_  
**Email Address:** \_\_\_\_\_ **Phone #:** \_\_\_\_\_  
**Amount Enclosed:** \_\_\_\_\_ **Number of Attendees:** \_\_\_\_\_

Please make cheque payable to **Langley DPAC**.

Send to Langley DPAC, c/o Langley SD#35, 4875-222nd Street, Langley, BC, V3A 3Z7.

