

WHAT IS ANXIETY AND HOW DO WE HELP?



A Workshop for Parents and Caregivers
November 15th, 2017 from 6pm to 8pm
Yorkson Creek Middle School
Please register at:
[Anxiety Workshop Registration](#)

This presentation aims to assist people in understanding the root causes of anxiety and anxiety-based coping behavior. Using a good deal of humor and real-life stories, Ted's goal is to make science of anxiety accessible and relatable. He also wants to make it applicable, so that attendees should not only leave the presentation with more knowledge, but with more concrete tools to put that knowledge into action.

Ted Leavitt is a registered clinical counsellor and program manager of Langley Youth and Family Services. He specializes in aggressive behavior, anxiety, addictive behavior, and ADHD, among other issues. Focusing on psychoeducation, Ted's approach is all about increasing understanding of the underlying biological machinery that drives behavior and emotion instead of focusing on temporary solutions. Armed with this knowledge and awareness, expectations fall in line with capacity, and real progress can begin.

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