



Is your child struggling with anxiety? Worrying about everything? Avoiding things?

Parents are invited to hear Dr. Kristin Buhr, Registered Psychologist and director at the North Shore Stress and Anxiety Clinic.

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 for “dialing 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, deal with difficult emotions, face challenging situations, learn to tolerate uncertainty, and build resilience.

Journey Middle School

January 27, 2016 - 6:00 to 8:00 pm