

# 5<sup>TH</sup> ANNUAL PULLING TOGETHER: ANXIETY IN CHILDREN AND YOUTH



## FOR ALL WHO WORK WITH OR CARE FOR CHILDREN AND YOUTH: A DAY OF LEARNING

Keynote Speaker Dr. Kirsten Burh is a Director at the North Shore Stress and Anxiety Clinic and a lead contributor on a mobile app designed to help youth with anxiety. Dr. Burh will help us understand anxiety in school aged children and offer strategies and resources proven to help.



Endnote speaker Dallas Yellowfly is a member of the Blackfoot First Nation and part of 3 Crows Productions. Dallas uses his experience from comedy, film, music, and storytelling to present a powerful and dynamic performance about residential school and intergenerational trauma.



Brought to you by the Mission Child and Youth Committee

FRIDAY, OCTOBER 21  
8:30-2:30  
ECOLE MISSION SENIOR  
SECONDARY

Choose from morning and afternoon seminars on:

- Anxiety and the Brain
- Self-harm and Dialectical Behavioral Therapy
- Expressive therapies for anxiety
- Creating a sense of belonging in the classroom
- Cognitive-Behavioral techniques to ease anxiety
- Social Media and Anxiety
- Physical activity's impact on anxiety

An opportunity to build on our strong network of child and youth service providers in Mission.

Cost: \$35, lunch is included.

Register by October 16 at:

<https://www.eventbrite.ca/e/5th-annual-pulling-together-understanding-anxiety-in-children-and-youth-tickets-27739264888>