

October 16th, 2017

Anxiety and Anger: Your Role with Children and Youth

Sign-In starts at 8:15 am
and refreshments will be
available!

9:00 am
to
3:00 pm

Free
Lunch
Included

**Cascade
Community
Church**
35190 Delair Rd
Abbotsford, BC
V3G 2E2

Presented By:



Deborah MacNamara PhD. Making Sense of Anxiety in Children & Youth

As many as 20% of children qualify for an anxiety disorder diagnosis, making it the most common mental health issue. Anxiety can take many forms including obsessions, compulsions, phobias as well as other perplexing behaviours. We cannot treat something we do not understand, so making sense of anxiety is fundamental in making headway. This presentation will bring a fresh and promising perspective to one of our most troubling human problems.

Deborah MacNamara, PhD is on the Faculty at the Neufeld Institute, is the author of Rest, Play, Grow: Making Sense of Preschoolers, and also operates a counselling practice supporting families. Deborah facilitates all of Dr. Neufeld's courses, and is the Course Coordinator for Making Sense of Attention Problems, Making Sense of Preschoolers and The Science of Emotion. A dynamic and passionate presenter, Deborah provides presentations to parents and professionals regarding learning and behavioural issues presented by children of all ages.

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Rebecca Mitchell M.A., RCC Anger and Eruptions: A Caregiver's Role in Understanding Anger & What to do About it



Anger in children is one of those emotions that often takes us by surprise, and indeed provokes interesting responses out of us as caregivers. Where does anger come from? When is it a problem? What does anger have to do with brain development? This workshop will take on the task of helping caregivers understand the NEEDS of children when anger erupts. We will explore the emotional pathways that lead to angry explosions and we will seek to understand how to respond in ways that calm rather than agitate, helping to facilitate growth for the developing brain.

Rebecca Mitchell has a Master's Degree in Developmental Psychology and is a Registered Clinical Counsellor. Her post-graduate training encompassed the areas of Attachment, Developmental Trauma, Infant Mental Health, and Play Therapy. She joined The Wishing Star team with over 20 years of experience in supporting kids and families by addressing challenges related to anxiety, behavior, early trauma and mood difficulties.

Cost:

\$75 Early Bird (ends September 15th)

\$ 90 General Admission (registration ends October 10th)

Registration includes admission, morning coffee & refreshments and a full lunch
Certificates provided for attending full day event. Tickets will NOT be sold at the door.

To Register Visit Eventbrite...

<https://www.eventbrite.ca/e/anxiety-and-anger-your-role-with-children-and-youth-registration-31488155922>