



We are very excited to welcome Dr. Deborah MacNamara for an upcoming workshop at the Neighbourhood Learning Centre (NLC) in Chilliwack. Please see the below info for exciting details

## *Anxiety in Children*

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.

**Presenter:** 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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