

CHILDHOOD ANXIETY

Free Event
REGISTRATION
REQUIRED

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**EMPOWERING
STRATEGIES.**

**EFFECTIVE
SUPPORT.**

Tailored for Parents and Educators
Supporting Children/Teens Who Are
Experiencing Anxiety

Nov. 7th, 6:00 - 7:30 pm

**Strawberry Vale Elementary
4109 Rosedale Ave. Victoria**

- Receive professional guidance and effective strategies for both home and school settings
- Discover common, well-intentioned mistakes you may be making and learn how to proceed more effectively
- Learn how to implement the most empirically sound approaches (C.B.T. & Mindfulness) for treating anxiety

Presentation & Discussion By:

Julie-Anne Richards

M.A., R.C.C, C.C.C.

Registered Clinical Counsellor,
Psychoeducational Consultant

www.JulieAnneRichards.com

EVENT PROVIDED BY:

**STRAWBERRY VALE ELEMENTARY SCHOOL AND
EAGLE VIEW ELEMENTARY SCHOOL P.A.C.s**