

Anxiety in Children & Youth

~ You're Not Alone ~

Speakers:

~ Dr Doug Maskall, Chief of Psychiatry, Peace Arch Hospital

~ Victoria Keddis, The FORCE

~ Youth sharing their real experiences with anxiety

Including:

- **Understanding anxiety**
- **Strategies, tools & tips to manage anxiety**
- **Q & A**
- **Resource Table**



Date: 17th November, 2015

Time: 6:30 pm – 8:00 pm

Venue: White Rock Elementary, 1273 Fir St, White Rock

All Welcome!

Parents

Teachers

Youth (recommended age 13 years and older)

Care providers

Organized by: WRSS Local Action Team as part of the BC Child & Youth Mental Health & Substance Use Collaborative – a partnership of Doctors of BC and BC government