

Dear Families,

You are invited to a TEAMS webinar

Topic: Adolescent Anxiety: Understanding and responding to “alarm” in today’s teen

When: Thursday, April 28, 2022

Time: 7:00 PM to 9:00 PM

Adolescent Anxiety: Understanding and responding to “alarm” in today’s teen

Anxiety in today’s teens is approaching a rate of 1 in 3. Complicating matters is the rapid growing and changing teen brain. This can result in levels of distress, fall-out, and behaviours that leave parents, teachers, and other adults at a loss of how to respond. It takes a village...a real community of care to collectively support our youth. Please join our presentation featuring Dr. Vanessa Lapointe, R. Psych., as she walks parents, teachers, and all adults supporting youth, into the world of adolescent anxiety. This collaborative presentation is aimed at better understanding your child's experience, providing information about school and community resources, and providing you with science-based, heart-informed strategies for moving forward from anxiety to courage.

This presentation is suitable for parents and guardians with children of all ages and hosted by Clayton Heights Secondary. There will be a focus on the resources in that community but the over-all theme of the presentation is applicable for everyone.

Please join us with the link below.

Microsoft Teams meeting

Join on your computer or mobile app

[Click here to join the meeting](#)