ANXIETY WORKSHOP

Where: École Alpha Secondary School (large gym)
When: Oct 12, 2017 at 6:30pm (2hr workshop)
Presenter: Christine M. Yu, M.A. Registered Clinical Counsellor

Introduction: Anxiety disorders are the most common mental health concern among children, adolescents and adults. Untreated anxiety disorders in childhood are associated with an array of psychosocial problems, including higher rates of depression, adolescent suicide, increased substance use, poor social relationships, lower academic achievement, and impaired family cohesion. It is important to be better able to identify and support children for intervention in order to reduce the detrimental impact of untreated childhood anxiety disorders.

Workshop Description: This interactive session will help parents and students understand anxiety and how it presents in children and adolescents. A detailed description of anxiety will be included: what it is, what it looks like across the developmental life span, and when it becomes problematic. Factors that contribute to the development and maintenance of anxiety will also be discussed.

The second half of the workshop will offer the parents and students a step-by-step guide of how to manage anxiety using evidence-based treatment. Parents will be provided with information about what to consider when collaborating with the school and mental health professionals and resources. A Q&A period will also be included, although questions are encouraged throughout the workshop.

Presenter Biography: Christine Yu has worked extensively in the field of anxiety, both as a researcher and a practitioner. She is currently working as a Registered Clinical Counsellor at the LEAP Clinic, in Vancouver, BC, providing evidence-based treatment for children, adolescents and families. In addition to child and family therapy, Christine is a consultant at AnxietyBC and aims to increase awareness and promote mental health literacy in the community.

Contact: Angela Basran, Student Services Department Head
École Alpha Secondary School

Tel: 604 – 296-6865
angela.basran@sd41.bc.ca