

'in the know'



'in the know' is a monthly networking and information sharing session that provides a topic expert on what parent/caregivers really want to know.

This is an opportunity to share so that everyone is 'in the know'.

Sessions are provided as a webinar through home internet and group viewings and are available in participating communities or with special speakers at community locations.

See website for locations

BURNABY/NEW WESTMINSTER COMMUNITY SITE; PARENT INFORMATION & NETWORKING SESSION

Byrne Creek Secondary School (Community Room) 7777 - 18th Street, Burnaby
[Click here for map](#)

“Worries and Woes: Identifying and Preventing Anxiety in Children”

presented Lynn D. Miller, Ph. D., R. Psych., Associate Professor in the Education and Counseling Psychology and Special Education department at UBC

Anxiety disorders are the most common form of psychological problems reported and can interfere significantly in the lives of children. This talk will help to: Increase awareness of the anxiety disorder spectrum, Identify basic behavioral indicators of anxiety in children, Develop a preliminary understanding of the current research, Understand the efficacy of psychological treatment and be aware of techniques that are useful to implement immediately with an anxious child and become aware of resources in our community

Date: Wednesday, October 16, 2013 - Time: 6:30pm – 9:00pm

6:30 – 7pm – meet & greet, 7 – 9pm Sharing, discussion & networking

For more information and topics go to www.forcesociety.com

Please RSVP your attendance by email to danielle@forcesociety.com or phone 604.878.3400

Presented by: The F.O.R.C.E. Society for Kids' Mental Health; a member of the BC Partners for Mental Health and Addictions Information. We're working together to help individuals and families better manage mental health and substance use problems.

Funding provided by the BC Mental Health and Addiction Services, an agency of the Provincial Health Services Authority and by the BC Ministry of Children & Family Development In collaboration with the Kelty Mental Health Resource Centre