



**Kids
New West**

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PRESENTS

HEALTHY HAPPY FAMILIES... MIDDLE CHILDHOOD FORUM

SCHEDULE

8:45 – 9:30 am
IHOP Pancake Breakfast for families

9:45 – 11:30 am
Parent's Session:
Christine Yu presentation

Children's Session:
Activities for children include a bouncy castle and drama.
Art activities by New Westminster Arts Council

11:30 am – 12:00 pm
Yoga for families

Sunday, January 31, 2016

9:00 am – 12:00 pm

Glenbrook Middle School

FREE EVENT

For families with 6 – 12 year olds

All ages welcome as childminding is available

Presentation by Christine M. Yu... How to Help Children Manage Anxiety –

This presentation will help to educate parents about anxiety and how it presents in children and adolescents. A detailed description of anxiety will be included and factors that contribute to the development and maintenance of anxiety will also be discussed. Parents will be offered a step-by-step guide of how to help children manage anxiety using evidence-based treatment, and build resilience. Information about healthy habits and what to consider when collaborating with school and mental health professionals will be provided. Christine has worked extensively in the field of anxiety, both as a researcher and a practitioner. Christine is a consultant at AnxietyBC and aims to increase awareness and promote education in communities.



Register at any of your local New Westminster Parks, Culture and Recreation Facilities or online at www.newwestpcr.ca

Call 604.777.5100 for more information.



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