

Burnaby Mountain Secondary School PAC Presents

Making Sense of Anxiety

February 11, 2016 at 7pm – Gym 1

There is currently an epidemic of anxiety affecting students which can take many forms including obsessions, compulsions, phobias, panic, sleep issues, physical illnesses, as well as a host of perplexing behaviours. Today's world can create many challenges for children and youth with school pressures, peer interactions, family dynamics, negative self-image, perfectionism, and many other stressors that can impede a students' ability to learn and mature. Whether it's the natural, episodic worries or more profound and crippling versions of anxiety, family therapist Colleen Drobot will help make sense of the roots of anxiety using Dr. Gordon Neufeld's approach and will suggest ways in which educators can help support students experiencing anxiety.

Please register early. Registration open now!

<http://www.mountainpac.ca/event/making-sense-of-anxiety/>