



The SWLSB Special Education Advisory Committee
Presents

FREE Conference for ALL Parents

First in the series of three.

TUESDAY, February 20th, 2018 ❖ 7:00 – 8:30 PM

~ CONFERENCE TOPIC ~

Anxiety

What it looks like, and what can help!

SPEAKER: *Melissa Simard, Ph.D.*
SWLSB Psychologist, Clinical Psychologist

For as long as you can remember, your child has been more fearful than others his or her age. Or perhaps, your child has suddenly started worrying excessively and asking for reassurance. Coming in many forms, anxiety is the most common mental health concern facing today's youth, with estimates suggesting it affects up to 15-20% of children and adolescents. Thankfully, not everyone will develop important difficulties with anxiety, but for those that do, early identification and intervention is important for their well-being and long-term functioning. While anxiety disorders are very treatable, knowing how to recognize these difficulties, when to get help and where to get services can sometimes be a challenge. This talk aims to support children and their families by providing parents with:

- 1) an overview of anxiety;
- 2) information about how to distinguish between typical fear and anxiety versus something more concerning;
- 3) tips on how to support a child struggling with anxiety;
- 4) information about treatment options and when to seek out professional services, as well as;
- 5) links to available online resources.

YOU CAN ATTEND IN PERSON - LOCATION: Sir Wilfrid Laurier School Board
235, montée Lesage, Rosemère, Québec J7A 4Y6
(Maximum seating capacity: 60 people)

DEADLINE TO REGISTER: Monday, February 19th, 2018

Online registration: <https://goo.gl/forms/PZ0wpcu1ZUQldGf83>

OR

STREAM CONFERENCE LIVE ONLINE : <http://bit.ly/swlsbseac>



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