

Parent Workshop Anxiety in Children A Tool Kit for Parents

Anxiety is the number one mental health condition in children and youth but also the most treatable. 1 in 4 children experience anxiety significantly at a certain stage in their lives. Many parents express concerns about their children's anxious symptoms, and have a difficult time supporting their child. This workshop will explore common childhood fears and anxieties, and some practical parenting methods that can help your child cope with anxiety.

Location:

**4170 Still Creek Drive, Burnaby, B.C.
V5C 6C6**

***Time: Saturday, February 20, 2016
10-11 am***

**Cost: \$25 per person; Seating is limited,
Please register at
shahla@waterlilycounselling.com**



Presenter: Shahla Jalali-Mazlouman, MA, RCC

Shahla has worked extensively in the field of anxiety and trauma with parents, children, and youth. She graduated with MA in counselling psychology from UBC, and has post graduate training in parent-child relationship therapy (Filial therapy), play therapy, and expressive and creative modalities of art therapy. In addition to providing individual counselling, Shahla conducts workshops and parenting groups about childhood behaviour and youth mental health throughout the lower mainland.

For More Information:

**waterlilycounselling.com
(778)-840-6774**

