

Supported Child Development Program Interior Region *presents....*

Anxiety and Young Children

WITH CHRISTINE M. YU, M.A., R.C.C. IOCDF BTTI GRADUATE IN PAEDIATRIC OCD

Christine has worked extensively in the field of anxiety for over 10 years, both as a researcher and a clinician. She is a PhD student at UBC, a Social Sciences and Humanities Research Council Doctoral Fellowship recipient, and was recently awarded a Canadian Psychological Association Student Research Grant. She is also working as a Registered Clinical Counsellor in private practice, providing evidence-based treatment for children, adolescents, and families. As part of her aim to increase awareness and promote mental health education in communities, Christine serves as the doctoral student member on Anxiety Canada's Scientific Advisory Committee.

Workshop Descriptions & Registration:

****Please note:** Each session must be registered for individually.

We have provided two dates for you to choose from for each workshop.

Please pick the dates that work best for your schedule. **

Supporting Children with Anxiety: An Introduction

Interested in learning how to help children with anxiety? This presentation will provide an overview of anxiety and how it presents across childhood. Attendees will learn the basics of Cognitive Behavioural Therapy (CBT) and gain an introduction into how to help children manage anxiety using evidence-based skills and strategies.

Wednesday, May 12th 6:00pm - 8:00pm (PST) Supporting Children with Anxiety: An Introduction
<https://www.eventbrite.ca/e/149968745555>

Helping Young Children with Anxiety and Emotional Regulation: Building Your Toolkit

This workshop will help people working with children in the early years understand anxiety, learn to differentiate between developmentally appropriate and problematic anxiety. Attendees will learn practical, evidence-based skills to help young children manage anxiety children and develop emotional regulation skills in individual and group settings. Attendees will have the opportunity to practice using the strategies discussed.

Wednesday, May 26th 6:00pm - 8:00pm (PST) Helping Young Children with Anxiety and Emotional Regulation: Building Your Toolkit
<https://www.eventbrite.ca/e/150249523369>

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Helping School-Aged Children with Anxiety: Building Your Toolkit Part 1

This workshop is part of a two-part series. It will offer an in-depth step-by-step guide of how to help school-age children manage anxiety using evidence-based strategies. Attendees will have the opportunity to practice using the strategies discussed.

Monday, May 17th 6:00pm - 8:00pm (PST) Helping School-Aged Children with Anxiety: Building Your Toolkit Part 1

<https://www.eventbrite.ca/e/150248887467>

OR

Tuesday June 8th 6:00pm - 8:00pm (PST) Helping School-Aged Children with Anxiety: Building Your Toolkit Part 1

<https://www.eventbrite.ca/e/150249932593>

Helping School-Aged Children with Anxiety: Building Your Toolkit Part 2

This workshop will build on Part 1 and offer a step-by-step guide of how to help school-age children manage anxiety using evidence-based strategies, with a focus on facing fears. Attendees will have the opportunity to practice using the strategies discussed.

Wednesday, May 19th 6:00pm - 8:00pm (PST) Helping School-Aged Children with Anxiety: Building Your Toolkit Part 2

<https://www.eventbrite.ca/e/150249122169>

OR

Thursday June 10th 6:00pm - 8:00pm (PST) Helping School-Aged Children with Anxiety: Building Your Toolkit Part 2

<https://www.eventbrite.ca/e/150250247535>

For more information contact Wendy at interioridpscdp@gmail.com