



2018 MFSUS Summer Online Guest Speaker Program

Children & Anxiety

Presented by KaraMacNeil

Director of Evaluation and Learning at the Halifax MFRC

Where: From the comfort of your own computer using the WebEx Online Meeting Platform

When: Thursday, August 9th, 2pm AT, 1pm ET, 12pm CT, 11am MT, 10am PT, 9am AK, 7am HI

How to join:

Click on the link below to register.

Once you have registered you will receive an email with instructions for joining the session.

Keep this email and use it to join the session.

REGISTER HERE

This session will help parents/caregivers understand more about how children experience anxiety and stress, and what parents can do to support them.

The session will focus on school aged children 5-12 years of age, but information about anxiety can be relevant for people of all ages who struggle with it.

Please contact Joanna, MFSUS, with any questions about joining: mfs.virtual@cfmws.com



Kara MacNeil is the Director of Evaluation and Learning at the Halifax & Region MFRC. She has been supporting military families for over 18 yrs. With a background in psychology and family studies, she is passionate about supporting families by providing information and resources related to deployment, mental health and parenting. Practising from a strength-based family centred approach, Kara works with staff and families to discover and strengthen their resiliency.