

FREE INFO NIGHT WITH DR. LAPOINTE: PARENTING THE CHILD WITH ANXIETY

MAY 1 @ 7:00 PM - 8:30 PM SOUTH DELTA SECONDARY

PARENTING THE CHILD WITH ANXIETY: Supporting Children Struggling with Anxiety

The purpose of this workshop is to provide a framework for parents who are working to support and nurture a child who is struggling with anxiety.

Anxiety comes in many shapes and sizes, and manifests differently for younger children than it does for older children and adults.

Participants will learn about the different forms of anxiety that are commonly diagnosed in children (including Separation Anxiety, Obsessive-Compulsive Disorder, Phobias, Generalized Anxiety Disorder, Social Anxiety and Post-Traumatic Stress Disorder, among others).

We will work to understand what unites these different expressions of worry and how to best support the child feeling overwhelmed by such worry so that participants leave with a better sense of how to help put a child's worry monster to rest.

For more information about the session, please contact Tricia Gibson

tgibson@deltasd.bc.ca

ABOUT DR. VANESSA LAPOINTE

Dr. Vanessa Lapointe is a mom, registered psychologist, parenting educator, best-selling author, international speaker, and a regularly invited media guest.

Founder and director of The Wishing Star Lapointe Developmental Clinic, she has been supporting families and children for almost 20 years, and has previous experience in community mental health and the school system.

While navigating the journey of parenting her own two children, including the restructuring of her family through divorce, Dr. Vanessa has been challenged to grow herself up. Rather than hiding behind the glossy façade, she acknowledges how much she is in the muck of it just like everyone else. From this awakened place she journeyed along a path which has profoundly changed her family and had a significant influence on her speaking and practice.