



# Langley Parents as Partners in Learning Presents



## Supporting My Child with Anxiety

— What is anxiety? — Why my child? — Why now? —  
 Is my child's anxiety normal? — Is this an anxiety disorder?  
 When should I seek professional help? — What could the do?  
 Most importantly, what can I do as a parent to help my child?  
 This presentation will assist parents in gaining deeper understanding of their child's experience of anxiety and to equip them with the concrete strategies and resources that will assist them in supporting their anxious child. We will also discuss ways that parents who "worry about their child's worrying" can take care of themselves in the process.

**Thursday**  
**February 26, 2015**  
**7:00 - 9:00 pm**

Langley School Board Office  
 4875 - 222 Avenue  
 Langley

\$15 per person  
 \$25 for two people



### **Michelle Srdanovic, M.A., R.C.C.**

*has over 15 years of experience working with families, couples, and children, using expressive, cognitive-behavioural, and narrative therapeutic practices. Michelle is a proponent of the use of play therapy with young children.*

*For more information about this presentation and our speakers please go to our website below.*

### **Supporting My Child with Anxiety**

**\*\*Bring a friend and save! \$15 per person or \$25 for two people.\*\***

**To register and / or pay online please go to our website and click on the Workshop Registration link.**

Alternately, if paying by cheque, please fill out the form below:



Name: \_\_\_\_\_ School: \_\_\_\_\_

Email Address: \_\_\_\_\_ Phone #: \_\_\_\_\_

Please make cheques payable to **Langley Parents as Partners in Learning**.  
 Send to LPPL, c/o K Heber, Langley SD#35, 4875-222nd Street, Langley, BC, V3A 3Z7.

This workshop is not meant for children — As we are a not-for-profit organization there is no refund for unattended workshops.

Thank you to the following organizations for their support:

Encompass Support Services  
 Middle Childhood Matters  
 Langley School District #35  
 Langley District P.A.C.

#### **Find us at:**

**[www.parentsaspartners.wordpress.com](http://www.parentsaspartners.wordpress.com)**  
**[langleyparentsaspartners@gmail.com](mailto:langleyparentsaspartners@gmail.com)**