

A Practical Approach to Managing Anxiety in Children

with
Dr. Sean Larsen, PhD.



Problematic anxiety in childhood is common and disrupts opportunities for healthy experiences. Anxiety can influence a child's ability to achieve academically, make friends, or find reward in the activities they take part in. About one in ten Canadians will access mental health support for mood and anxiety disorders in their lives and a far larger percentage could benefit from these supports and a better understanding of what anxiety is and how it impacts their lives.

Designed for parents and educators, this online workshop will give you essential tools to better understand anxiety in children, recognize when it is becoming problematic, help children build the capacity to overcome it, and create environments to foster better outcomes for those struggling. Drawing on literature on brain development, emotional regulation, psychology, and years of clinical experience I will help you better understand children's anxiety and how to support them in more meaningful ways.

Thursday, March 10, 6:30 - 8:30 pm

[Click here to join the meeting.](#)

**Everyone is welcome.
Pre-registration is not required!**