

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. Dr. Vanessa is known for bringing a sense of nurturing understanding and humanity to all of her work. Her passion is in walking alongside parents, teachers, care providers, and other big people to really see the world through the child's eyes. She believes that if we can do this, we are beautifully positioned to grow up our children in the best possible way.



When the Worry Monster Attacks: 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.

Date: THURSDAY: April 22nd 6:30-8:00

Cost: FREE

Location: ZOOM Link will be sent a few days before the event. If you don't receive a zoom link by April 20th – please contact: amaurice@sd57.bc.ca or 250-561-6800 x 341

Please click on this link to Registration: <https://forms.office.com/r/GDKi6Z8hBB>

For more information contact: amaurice@sd57.bc.ca or 250-561-6800 x 341

