



Do you have any concerns about
your child's anxiety?

Presentation by Dr. Magali Brulot

Dr. Magali Brulot, a Victoria-based registered child and family psychologist, will present a two-hour seminar on ***Anxiety Disorders in Children and Adolescents***.

Dr. Brulot's presentation will provide a brief overview of the different kinds of anxiety disorders and will predominantly focus on ways to support children and youth struggling with anxiety. Attendees will learn about the cognitive-behavioural approach to treating anxiety, and will also acquire ways to teach children how to manage symptoms of anxiety more effectively and in order to discover their resilience.

When: Wednesday, January 16, 2019

Time: 7pm-9pm

Where: Multipurpose Room, Monterey Middle School

Free Admission

Please Register using the following link:

https://montereypac_anxiety_talk.eventbrite.com

Password= Storm