

Arbutus Global PAC NEWS February 2017

- **“Worries and Woes: Identifying and Preventing Anxiety in Children”**

February 21, 7pm

Mount Douglas Secondary Library.

Webinar presented by Lynn D. Miller PhD, Registered Psychologist

Lisa Tate, Family Smart (F.O.R.C.E) Parent in Residence will be answering questions.

- **PAC Meeting** this Tuesday, **February 14 is CANCELLED**

due to Valentine’s Day – next PAC Meeting is Tuesday, March 14.

- Some Anxiety resources we found

<http://www.familysmart.ca/about/>

<https://www.anxietybc.com>

<http://keltymentalhealth.ca>

<https://www.anxietybc.com/resources/mindshift-app>

<https://www.eventbrite.ca/e/occupational-therapy-approaches-to-managing-kids-and-teenage-anxiety-tickets-31036054675>