



SD5 and DPAC Present a Live TEAMS Event on Parenting Anxiety: 5 Tips for Supporting Kids with Anxiety - Wednesday, January 20, 2021 @ 7:00 p.m. MST

Please join us!

[Parenting Anxiety Live Teams Event Link](#) - If you do not have Microsoft Teams, it will prompt you to download the app. You can also do this ahead of time to alleviate any anxiety on day of!

A bit about the presentation: 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. This 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.

A bit about Sean Larsen, MA PhD Candidate: Sean Larsen has worked as a clinician with children and families for well over a decade. Some of his previous work settings include children's psychiatric units, youth custody centers, and outpatient mental health settings. He trains suicide risk assessment and risk management provincially and has spoken nationally on childhood anxiety, neurodevelopment, early childhood trauma, digital media, and suicide. Sean is a current PhD student finishing his dissertation. Sean's academic research has included exploring men's transition to fatherhood and how children interact with digital media. Sean lives in Rossland, BC with his wife and two children (7&10) and spends his spare time mountain biking and skiing.

For further information please contact Tara at sd5dpac@gmail.com.

Please forward this link to any of your colleagues! Hope to see you there!