



**LEN WOOD MIDDLE SCHOOL
SESSION FOR PARENTS**

UNDERSTANDING ANXIETY

**MONDAY, OCT. 25 FROM 6-7:30 P.M.
LEN WOOD MIDDLE SCHOOL GYM (IN PERSON)
WITH DR. SEAN LARSEN**

Anxiety is an important part of a healthy and rewarding life. Anxiety protects us from things that could be harmful and moves us towards things important to us like relationships and academic success. However, anxiety can also significantly interfere with functioning and keep us from doing the things we want, or need, to do in order to live rewarding lives. By understanding anxiety better we can learn to appreciate the places where it helps us and better manage or repair the places where it is getting in the way.

Drawing on neuroscience, clinical research and over a 15 years of clinical experience, Dr. Sean Larsen will help you to better understand your child's anxiety and provide key strategies to manage it. Dr. Larsen has worked in child and youth mental health for nearly 20 years. He has worked in a variety of settings including inpatient mental health, outpatient mental health, youth corrections and addictions. Sean has spoken nationally on mental health topics of anxiety, attachment, suicide prevention, digital media, and sleep.

PLEASE JOIN US FOR DR. LARSEN'S PRESENTATION!

MAX. 160 PEOPLE. PLEASE PRE-REGISTER AT 250-546-3476

(VACCINE PASSPORTS ARE REQUIRED)

THANK YOU FOR YOUR UNDERSTANDING AND CO-OPERATION!