



ÉCOLE PEACE ARCH ELEMENTARY

Parent Advisory Council

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Tuesday, February 16, 2016

An Invitation to PACs and Parent Groups of South Surrey/White Rock schools:

The Peace Arch Elementary PAC is hosting a Parent Presentation, free of charge, entitled "**Childhood Anxiety: When is it a Problem and What Can I Do About It?**" Our presenter is Mrs. Alisa Bridger, MA, RCC, who is a local parent, school counsellor, and registered clinical counsellor with a private practice specializing in child anxiety. (www.alisabridger.com)

The presentation is **Tuesday, March 1st, 7:00-9:00pm in the Peace Arch gym**. Please pass along the invitation to parents at your school. (Separate PDF attached for distribution to your parent group.)

**"Childhood Anxiety: When is it a Problem and What Can I Do About It?"
Presentation for Parents by Alisa Bridger, MA, RCC**

**Tuesday, March 1st ~ Peace Arch Elementary Gym ~ 7:00-9:00 p.m.
Presented free of charge by the Peace Arch Elementary PAC.
Parents from all schools invited to attend.**



We all worry. This can make seeking help for anxiety an uncertain choice. While there is a wide range of worrying that is normal, anxiety can become overwhelming for many children, and by extension their families.

Many parents don't recognize anxiety as a problem or they wait for their child to "grow out of it," never expecting their child to become even more debilitated over time. Unfortunately, untreated anxiety can lead to other problems such as depression, missed opportunities in career and relationships, increased substance use, and a decreased quality of life overall. Parents of anxious children and teens are often confused about what to do, as well as frustrated and overwhelmed.

The good news is that parents can help their child or teen manage anxiety successfully. We will discuss what anxiety is, its symptoms and features, and then discuss evidence-based treatments and some strategies to best support your child as they deal with the stressors and anxiety in their life.

Alisa Bridger is a parent, school counsellor, and registered clinical counsellor with a private practice specializing in child anxiety.

Questions can be directed to our PAC email at peacearchpacnews@gmail.com. Hope you can join us for this worthwhile and informative parent evening!

~ Parent Advisory Council of Peace Arch Elementary