

Parents' Night Out

2018

Sponsored by New Westminister Police Department
Free open to parents and caregivers in New Westminister.

Understanding Anxiety and Strategies to Support Children

Dr. Kristin Buhr, Director at the North Shore Stress and Anxiety Clinic and consultant for AnxietyBC

Thursday, March 1, 6:00-8:30 pm

Justice Institute Auditorium

6:00—6:30 Registration and A Public Health Nurse will be available at this time to talk to parents and share School Health Resources.

6:30—8:00 Dr. Buhr will talk about Understanding Anxiety and anxiety problems in children and youth. She'll have Strategies and Tips for supporting a child struggling with anxiety, and Helpful Resources Books, websites and apps.

8:00—8:30 Questions & Answers with Dr. Buhr.

Register www.eventbrite.ca

For more information call Rick Bloudell 778-874-5457

To register for child-minding email: ceds-nw@fsgv.ca or call 604-525-9144



Organized by:



**New Westminister
Police Department**



DPAC

