

AN EVENING WITH DR. DEBORAH MACNAMARA



Making Sense of Anxiety IN PRE-TEENS AND ADOLESCENTS

As many as 20% of children and teens qualify for an anxiety disorder diagnosis, making it the most common mental health issue today. Anxiety can take many forms – obsessions, compulsions, phobias – as well as other perplexing behaviours. We cannot treat something we don't understand, and making sense of anxiety is fundamental in making headway. This tailored talk will address anxiety in pre-teens and adolescents. Dr. MacNamara's presentation will bring a fresh and promising perspective to one of our most troubling human problems.

WEDNESDAY, NOVEMBER 22, 2017

Dr. MacNamara is a developmentalist and author of the best selling book, *Rest, Play, Grow: Making Sense of Preschoolers (or Anyone Who Acts Like One)*. She is on faculty at the Neufeld Institute, and is the Director of Kid's Best Bet, a counselling and family resource center. Deborah provides counselling services to parents and professionals to make sense of learning, behavioural, and developmental issues in kids – from babies to teens. Deborah travels nationally and internationally, speaking to child and adolescent development issues to groups including the United Nations and the Dalai Lama Center for Peace and Education.

Stop by between 5:00-6:30 PM to visit our Resource Expo to learn about mental health services available in South Delta.

Resource Expo	5:00 PM
Doors Open	6:30 PM
Presentation	7:00-9:00 PM

**THEATRE, SOUTH DELTA SECONDARY SCHOOL
750 – 53 STREET, TSAWWASSEN, BC**

Presented by the Delta Division of Family Practice Local Action Team, part of the BC Child & Youth Mental Health and Substance Use Collaborative; a partnership of Doctors of BC and the Government of British Columbia.

Admission is free. Seats are available on a 'first come, first serve' basis. Seating is limited.