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**Virtual Parents' Night  
Out Event**

**Free for all  
New Westminster  
Caregivers!**

**October 19, 2021  
6:30-8:00 pm**

Participants will receive a zoom link prior to the event.

To register, please visit:

<https://stress-and-anxiety.eventbrite.ca>

*Dr. Kristin Buhr is a Registered Psychologist and Director at the North Shore Stress and Anxiety Clinic ([www.nssac.ca](http://www.nssac.ca)). She specializes in the evidence-based treatment of anxiety and mood problems in adolescents and adults, and regularly provides educational workshops on mental health issues. Dr. Buhr is a lead consultant for Anxiety Canada ([www.anxietycanada.com](http://www.anxietycanada.com)), where she has developed numerous self-help resources for adults, parents, children and teens coping with anxiety problems, including My Anxiety Plan (MAP), an on-line anxiety management course, and MindShift CBT, a comprehensive anxiety management app. She is also the co-author of The Worry Workbook: CBT Skills to Overcome Worry and Anxiety by Facing the Fear of Uncertainty.*

## Helping Children and Youth Manage Stress and Anxiety *with Dr. Kristin Buhr*

COVID-19 has been a major life stressor that has had a significant impact on our lives including our mental health. Now more than ever, we need strategies for helping children and youth improve their emotional wellness.

This presentation will focus on core cognitive-behavioural therapy (CBT) strategies and resources for helping children and youth manage stress and anxiety. Learn about effective CBT strategies to help reduce physical symptoms of stress and anxiety, develop healthier self-talk to combat worries, and take active steps to face fears and improve overall emotional wellness.

Become familiar with key resources for children and youth including materials available on the Anxiety Canada website; *My Anxiety Plan (MAP)*, an on-line anxiety management course; and *MindShift CBT*, a comprehensive anxiety management app.

*If you have any questions, please contact Tanis Anderson, District Vice Principal, [Tanderson@sd40.bc.ca](mailto:Tanderson@sd40.bc.ca).*

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School District 40  
District Parent Advisory

