

Community Education Service



Improving emotional health and well being

Taming Anxiety Gremlins using the Anxiety Compass

**Dr. Caroline Buzanko | PhD, Registered Psychologist
Clinical Director | Koru Family Psychology**

Anxiety is at epidemic levels among children and is the most common mental health concern they face. Anxiety is not something you outgrow, and early intervention helps minimize later problems with depression and other social, emotional, behavioural, and physical difficulties.

Unfortunately, most kids go without effective support until too late, if at all. Since 70% of all mental health problems begin in childhood and adolescence, there is a clear need to support our children and youth.

In this workshop, parents, teachers, and professionals will learn how traditional ways of helping children and teens may unwittingly worsen their anxiety. They will also learn about the anxiety compass, which outlines eight essential steps in helping children and teens manage anxiety effectively.



**March 13, 2023
11:00 AM- 12:30 PM**

Click here to
Register
Free online event

This session is presented by the Community Education Service of the Mental Health Collaborative, Child & Adolescent Addiction & Mental Health and Psychiatry Program (CAAMHPP) of Alberta Health Services in partnership with **Koru Family Psychology**.