Recovery Alberta

CES

AVERY
Family and School Psychology Services

COMMUNITY EDUCATION SERVICE

Improving emotional health and wellbeing

When Worry Comes to School: Understanding Anxiety and Helping Students Thrive

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AVERY Family and School Psychology Services

Thursday Nov 19 2026
1:00 - 3:00 PM

This presentation explores anxiety in children and adolescents, its effects on learning, and ways families and educators can help. It distinguishes everyday worry from persistent anxiety that disrupts functioning and explains how distress can appear as physical symptoms, inattention, withdrawal, or school avoidance.

We will look at rising youth anxiety in relation to increased smartphone use, reduced independent play, disrupted sleep, and fewer in-person connections with others.

Attendees will leave with a greater understanding of anxiety in youth, their underlying needs, and creating safe, supportive environments.

Click here to register