

‘intheknow’

information + support

“Erupting Angst: Understanding the Collision between Anger & Aggression in the World of Anxiety”

Join us for a Video Presentation

Anxiety in children can often show itself as anger, aggression, or sadness. By learning how these emotions are connected, we can better respond to the needs of our children. This presentation will elaborate on this relationship between anger, aggression and anxiety, and highlight what parents can do about it.

Topic Presenters:

Dr. Vanessa Lapointe, Registered Psychologist

Tuesday, September 17th, 2019

6:00pm – 7:30pm

Lake Trail Middle School
805 Willemar Ave
Courtenay, BC V9N 2K6

FREE OF CHARGE

Please RSVP by email: wendy.safruk@familysmart.ca



‘intheknow’ provides expert speakers on topics important to families and/or to those working to support the mental health of children and youth.

Viewing is available:

Online at:

www.familysmart.ca/in-the-know

In person at community sites:

www.familysmart.ca/events/

The in person viewing also provides an opportunity for supported conversations.