



FREE COMMUNITY TALK

Strategies and Resources for Helping Your Teen Manage Anxiety

The North Shore Stress & Anxiety Clinic (NSSAC) is offering a *free public talk* on helping your teen manage anxiety. For more information, visit us at www.nssac.ca.

DATE: Tuesday, May 16, 2017 at 7 pm

LOCATION: Windsor Secondary School
Dukes Den (Cafeteria)
931 Broadview Drive
North Vancouver, BC V7H2G1



PRESENTER: Dr. Kristin Buhr

Is your teen struggling with anxiety? Worrying about everything? Avoiding things? Develop a better understanding of anxiety and anxiety problems in youth. Learn about helpful resources and effective cognitive-behavioural (CBT) strategies for helping your teen manage anxiety.

Dr. Kristin Buhr is a Registered Psychologist and Director at the North Shore Stress and Anxiety Clinic. She specializes in the assessment and treatment of stress-related problems, anxiety disorders, and mood difficulties in adolescents and adults. She is certified in Cognitive Behaviour Therapy (CBT) by the Canadian Association of Cognitive and Behavioural Therapies (CACBT-ACTCC). **Dr. Buhr** is also a consultant for AnxietyBC and has developed self-help materials aimed at helping adults, parents, and youth cope with anxiety problems.

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