

QUEEN MARY PAC PRESENTS A PARENT WORKSHOP:

Through the Child's Eyes: Worries & Wonders

Our children have never been so anxious before. What's happened that our children are so full of worry? As their parents, how can we turn worry about the uncontrollable into wonder about the possibilities?

We will discuss the roots of anxiety, and learn how to support the children who may be struggling with too much worry. The workshop will help participants understand their children's anxieties, and show how to transform that worry into wonder.



Dr. Vanessa Lapointe is a registered psychologist who has been supporting families and children for 15 years. As a mother to two growing children, Vanessa strives not only professionally, but also personally, to view the world through the child's eyes.

Learn more at

www.LapointePsychology.com

Tuesday, February 25, 6-8pm
in the Queen Mary Gym

Co-sponsored by the Family of School PACs: Braemar, Capilano, Carisbrooke,
Carson Graham, Larson, Norgate, Queen Mary, Westview

Please RSVP to QueenMaryPAC@Gmail.com or 604-290-2384

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