

WEST VANCOUVER YOUTH SERVICES

IDENTIFYING & SUPPORTING YOUR TEEN'S ANXIETY

Anxiety is one of the most common challenges faced by teens today, and when unaddressed can lead to substance use and can affect relationships and academic pursuits.

Come demystify teen anxiety—learn about its causes, how it is expressed, and how to support those experiencing it.




Join Andrea Mitchell, registered clinical counsellor at Hemisphere Adventure Therapy, and learn strategies to help support your teen and teach them tools to build their resiliency against anxiety.

WED | OCT. 28

6 - 8 P.M. | \$25 | #1034117

WEST VANCOUVER COMMUNITY CENTRE
CEDAR ROOM

REGISTER
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