

Resilience / Anxiety Current Research and Strategies

Date: Tuesday, February 19, 2013

Time: 6:30 pm - 8:30 pm

Location: Delta Manor Education Centre
Multipurpose Room
4570 57th Street, Ladner

Registration Fee: \$15.00 *(to be collected at the door)*

Fees collected are in support of Social Emotional Learning programs currently taught in schools.



This workshop will provide parents with the latest information on Social Emotional Learning, the interrelationship between anxiety and learning and its impact on overall child wellness. Participants will learn about strategies including evidence based cognitive behavioural approaches and come away with tools to help their children develop strategies to cope with stress and other emotions.

Register before Tuesday, February 12, 2013

Registration by email, fax or telephone:

Email: dparsons@deltasd.bc.ca

Fax: 604-946-0823

Telephone: 604-952-5056

When registering please provide:

Name(s): _____

Telephone: _____

Email: _____