

# Making Sense of Anxiety in Children



As many as 20% of children qualify for an anxiety disorder diagnosis making it the most common mental health issue. We cannot treat something we do not understand so making sense of anxiety is fundamental in making headway. This presentation will bring a fresh and promising perspective to this troubling human problem. Speaker is Dr. Deborah MacNamara an experienced teacher and counsellor. Free! Registration Required. This program is for adults.

For more information call 604-231-6413 or go online [www.yourlibrary.ca/progs](http://www.yourlibrary.ca/progs)

**# 960 • Thursday, October 24 • 7 - 9 pm**

## Brighthouse Library Community Place

Sponsored by the Ministry of Children and Family Development, Richmond Public Library, Vancouver Coastal Health, Richmond Community Table for Supporting Families Affected by Parental Mental Illness and/or Addictions, Richmond Addiction Services Society, CHIMO Crisis Services, Richmond Branch, Canadian Mental Health., Touchstone, The FORCE , and Safer Relationships-Safer Children.

