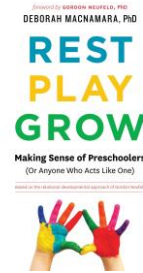


We are proud to present a free virtual presentation by:

Dr. Deborah MacNamara



Deborah MacNamara, PhD is a renowned clinical counsellor, educator, keynote speaker and author of the best-selling book Rest Play Grow.

‘Making Sense of Anxiety’

When: Wednesday, May 19th, 2021

Time: 6:30pm – 8:00pm

Zoom link:

<https://zoom.us/j/96151346005?pwd=UIV5VmtkMVNXeXZaWFo3bUtjQ2lHdz09>

Meeting ID: 961 5134 6005

Passcode: 720597

As many as 20% of children and teens qualify for an anxiety disorder diagnosis, making it the most common mental health issue today. Anxiety can take many forms including obsessions, compulsions, phobias as well as other perplexing behaviours. We cannot treat something we do not understand, and making sense of anxiety is fundamental in making headway. The presentation will bring a fresh and promising perspective to one of our most troubling human problems.

Hosted by: PETES, South Hull, Chelsea, Eardley, Queen Elizabeth, Greater Gattineau & St. Mike's Schools