

# Videoconference

Dr. Nadia Gagnier, psychologist



## Anxiety in Children

You are cordially invited to attend a  
**Free videoconference**



**Where:** Zoom platform  
**When:** Tuesday April 5, 2022 at 7 p.m.

**Login link:** <https://us02web.zoom.us/j/85221858893>  
**Webinar ID:** 852 2185 8893

### Summary:

Anxiety is a normal emotion that allows us to have the necessary reflexes to protect us from danger. Unfortunately, anxiety disorders are on the rise in the population. What signs can help us to distinguish normal anxiety from pathological anxiety? What are the risk factors and maintenance factors of anxiety? How can one help a child who suffers from anxiety? This conference aims to answer these questions and to suggest simple and accessible solutions, so that participants feel more confident when face with anxious behaviours.

### Regarding the speaker:

Beyond her TV show *Dre Nadia, psychologue à domicile*, which helped her earn the public's trust and recognition from her peers, Nadia Gagnier has a background that allows parents to believe that their children are in safe hands!

Holders of a Ph.D. in psychology, specializing in educational psychology, she also did post-doctoral studies during which she participated in the development of a program for the prevention of anxiety in children. She also had the opportunity to present the results of her work through numerous scientific articles and by participating in conventions in Canada, the United States and in Europe.

Beyond having a rich and diversified clinical experience, she participates in the training of future psychologists by teaching clinical psychology at UQAM. She regularly acts as an instructor for education and health professionals.

For the past few years, she has been travelling across Canada giving conferences on various subjects.

It is with gentleness, humour, and scientific rigour that she makes the science of psychology accessible ...for the good of all!