

# Childhood Anxiety: Understanding and Helping Children Heal



**Does your child or the children you work with struggle with anxiety: panic attacks, separation anxiety, stomach aches, headaches, tantrums, obsessions/compulsions, avoidance of activities, racing thoughts, or troubles with sleep?**

Anxiety has many faces, and at this workshop parents, caregivers, and professionals will learn about the psychological and physiological roots of anxiety, why it is on the rise in our children, and what to do to help children better manage it.

Research and theory in the field of mental health and interpersonal neurobiology will be explored and attendees will be given resources and direct tools to help their child, or the children they work with, overcome this emotional obstacle.

## OBJECTIVES

- Identify neurobiological and physiological mechanisms that underlie anxiety
- Describe ways in which parenting styles can contribute to anxiety in children
- Implement a variety of emotion regulation strategies
- Recognize environmental and societal factors that contribute towards the increase in anxiety amongst children
- Explore pharmacological and naturopathic treatment options
- Differentiate between anxiety disorders (DSM-V) and mild anxiety

## INSTRUCTOR

Tammy Schamuhn  
R. Psychologist, R. Play Therapist

## WHO SHOULD ATTEND

This presentation is appropriate for parents, caregivers, and mental health professionals.

**Saturday, May 12, 2018**

**9:00 a.m. to 5:00 p.m.**

Sir George Simpson Junior High School  
(lunch room)

50 Grosvenor Blvd., St. Albert

Tickets are \$40 per person,  
available through Eventbrite:

**[childhoodanxietymay12.eventbrite.ca](http://childhoodanxietymay12.eventbrite.ca)**