

CHILDHOOD STRESS & ANXIETY BUILDING RESILIENCE

EMPOWERING STRATEGIES

EFFECTIVE SUPPORTS



Presentation and Discussion By:

Julie-Anne Richards, M.A., R.C.C., C.C.C.

Registered Clinical Counselor, Psycho-educational Consultant

www.JulieAnneRichards.com

Wednesday, April 18

6:00-8:00 pm

QUADRA ELEMENTARY SCHOOL

3031 Quadra St, Victoria
for **All Elementary School**
Parents, Caregivers & Staff
All Community Welcome

**Tailored for Parents,
Caregivers & Educators
supporting children
ages 5 - 11 experiencing
stress & anxiety**

**PRESENTATION
INCLUDING Q & A**

Free Event!

REGISTRATION REQUIRED (Click to Register)

<https://www.eventbrite.com/e/childhood-anxiety-presentation-tickets-43104371335>

All Adults Welcome

Limited Childminding provided by Quadra School PAC

Registration Required

Funded by the Eric Palmer Memorial Foundation www.ericfoundation.com