

The BHS Home & School cordially invites you to:

Worried Sick: What Parents & Teens Need to Know About Anxiety

Presentation and discussion with Alissa Sklar, Ph.D.

It's a commonly traded truism among parents today that this generation of children is struggling with significantly higher rates of anxiety, depression and other mental health problems. The research seems to bear this out. But why is this happening and what can we do about it? This workshop for parents will offer an overview of anxiety and related mental health issues in Canadian kids, with a focus on prevention and support. The presentation will be 60-75 minutes plus Q&A. I will provide you with a link to my slides online to share with all parents after this session.

We will look at:

- What is anxiety?
- How do I know if my kid is dealing with it or if they are just acting like a typical tween/ teenager?
- How does anxiety relate to other mental health issues?
- Is there an "anxiety epidemic" in today's kids? What do the facts show?
- Dealing with stigma around mental health issues
- Why might this be happening - where does anxiety come from?
- How can we support kids (and everyone else) dealing with anxiety? What NOT to say.
- How to help your anxious teen advocate for themselves at school and beyond



Alissa Sklar, Ph.D. runs risk(within)reason, a Montreal consultancy project focused on kids, technology and risky behaviours. Dr. Sklar has a Ph.D. in communications and cultural studies, taught in the Communication Studies Department at Concordia University and worked in the field of adolescent risk prevention at McGill University. In addition to her academic and consulting work, Dr. Sklar is a mom of three, and a multiple award winning feature writer, with a particular interest in parenting, youth and digital technology issues.

For more information, please visit www.risk-within-reason.com

When: Wednesday, April 17th, 7-8:30 PM
Where: Beaconsfield High School auditorium
250 Beaurepaire Drive
Beaconsfield, QC H9W 5G7

Parents and students are invited. Admission is free. Please confirm your attendance by email by April 15th at: bhsparentworkshop@gmail.com