



Canadian Mental
Health Association
Association canadienne
pour la santé mentale



years of
community
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communauté

Anxiety Disorders, Youth and Education

Wednesday, May 9, 2018
College of the North Atlantic
Room L201
7:00-8:30 pm

Facilitators/ Resource people for the session include mental health professionals, educators, and two persons with lived experience who have successfully completed post-secondary education.

Content to be covered:

What are Anxiety Disorders?
Causes
Symptoms
Treatments
Support
What makes a difference?

This session is open to youth, parents, and teachers. Registration is limited to 60 people. Please email Donna. kavanagh@hotmail.com to reserve a seat.

#GetLoud
about what mental health really is.