W.L. MACKENZIE PARENT COUNCIL PRESENTS

Dr. Neil Rector, Ph.D, C.Psych

On The Nature and Treatment of Anxiety and Strategies for Family Support

A Presentation and Open Question Period For Students, Parents, and Families

Dr. Rector's presentation will include:

- Basics about anxiety and anxiety disorders
- Our current understanding of the conditions in psychological and biological terms
- Empirically-supported treatments
- Proven strategies to manage anxiety
- How to get help

Free Admission. Refreshments will be provided.
Please RSVP: macparentcouncil.eventbrite.ca

May 4, 2016 at 7:00 PM
The Mackenzie Library