



VANCOUVER ISLAND
PSYCHOLOGICAL
SERVICES

PRESENTS

PARENT WORKSHOP ANXIETY IN TEENS

ONLINE

February 16, 4:30pm-6:30pm, or
March 17, 4:30pm-6:30pm

Workshop 1
***Anxiety - How to help
your teen cope***

Presented by
Dr. Lydia Vallieres

Fee: \$50
Duration: 2h

For more information or to register for the workshop,
contact Vancouver Island Psychological Services
(778)440-8880