



FREE COMMUNITY TALK

When to Worry About Worry: Understanding Anxiety in Kids

The North Shore Stress & Anxiety Clinic (NSSAC) is offering a *free public talk* on worry and anxiety in children. For more information, visit us at www.nssac.ca.

DATE: Thursday February 12th, 2015 - 7 pm

LOCATION: Larson Elementary School
Gymnasium
2605 Larson Road
North Vancouver, B.C.

PRESENTER: Dr. Kimberley Da Silva
Registered Psychologist



Is your child anxious or worried? This talk will help you better understand anxiety and learn about effective tools to support your child.

Dr. Kimberley Da Silva is a Registered Psychologist working at the North Shore Stress and Anxiety Clinic. She provides psychological treatment to children, adolescents, and their parents with a focus on teaching healthy and effective coping skills and enhancing family functioning. Dr. Da Silva has experience in individual and group therapy using cognitive-behavioural therapy (CBT), social-skills training, and dialectical behavior therapy (DBT). She has also completed extensive training in OCD treatment. Dr. Da Silva also provides psycho-educational assessments.