



FREE COMMUNITY TALKS

The North Shore Stress & Anxiety Clinic (NSSAC) is offering a series of *free public talks* that will provide information and tools to help you and your loved ones live a better life. For more information, visit us at www.nssac.ca.

Don't Worry, Be Happy? Understanding the Nature of Worry and Anxiety

Date: Tuesday January 27th, 2015 - 7 pm
Location: Sutherland Church, 630 East 19th Street, North Vancouver, B.C.
Presenter: Dr. Rami Nader, R. Psych.

Everyone experiences worry from time to time, but many people do not understand what it is or how it works. This talk aims to demystify the nature of worry and help people better understand worry in themselves and loved ones.

When to Worry About Worry: Understanding Anxiety in Kids

Date: Thursday February 12th, 2015 - 7 pm
Location: Larson Elementary School, 2605 Larson Road, North Vancouver, BC - Gymnasium
Presenter: Dr. Kimberley Da Silva, R. Psych.

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

Getting a Good Night's Sleep

Date: Monday March 2nd, 2015 - 7 pm
Location: Lynn Valley Town Centre, 1277 Lynn Valley Road, North Vancouver, BC
Community Room (next to the Library)
Presenters: Dr. Kristin Buhr, R. Psych. & Dr. Sarah Newth, R. Psych.

Are you tired of sleepless nights? Learn effective strategies to help you and your family fall asleep, stay asleep and wake feeling more rested and refreshed.

Making Sense of Adolescence: How to Maintain a Strong Relationship with Your Teenager

Date: Thursday April 23rd, 2015 - 7 pm
Location: Carson Graham Secondary, 2145 Jones Ave, North Vancouver, BC - Large Gymnasium
Presenter: Dr. Martin Davidson, R. Psych.

Having trouble relating to your teen? Learn tools that will help you better understand your teen, establish a strong relationship, and set your teen up for a healthy adulthood.

Can Anything Be Done? Understanding Depression and How to Overcome It

Date: Thursday May 28th, 2015 - 7 pm
Location: Capilano Library, 3045 Highland Boulevard, North Vancouver - Potlatch Meeting Room
Presenter: Dr. Michelle Haring, R. Psych.

Learn about the signs and symptoms of one of the most common mental health problems. Hear about effective management tools and learn how you can support a loved one with depression.

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