

Please join us on
Wednesday, March 14, 2018
for this *free* learning opportunity

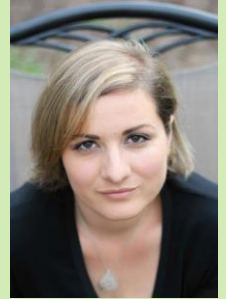
ANXIETY;
Everything you wanted to know about it!

What is anxiety?

What are the symptoms?

What are the different types?

**Learn skills and strategies
to help you manage it.**



Presented By: Dr. Gabriela Ionita

Gabriela Ionita, PhD, RCC, is currently a Professor at Kwantlen Polytechnic University and works with children, young adults and families at two private practices: Leap Clinic in Vancouver and Apex Clinical Services in North Vancouver. Her work with adults has included counselling at the CBT Emotional Health Clinic in Montreal.

Presentation: 7 pm - 8:30 pm
Doors Open: 6:30 pm

Ralph Fisher Auditorium (Richmond Hospital)
7000 Westminster Hwy, Richmond BC

Free parking available in the gravel lot accessed from Westminster Hwy
Child-minding is available but limited, please contact Tina:

Tina.Lee2@vch.ca or **604-314-3285**

Light refreshments will be provided

Literature and Resource Material Available

With the generous support of



Supporting Families (SF) is comprised of several organizations coming together. SF is a multi-faceted collaborative group aimed at supporting families affected by parental mental illnesses and/or addictions.

www.supportingfamilies.ca

