

# Parents as Partners Conference

Workshop Session: A6

Room: 201C

## Anxiety 101 – Is it time to worry?

### Mental Health and Well-Being Parent Partnership Committee

The purpose of this workshop is to provide parents and caregivers with an introductory understanding of the physical, social, emotional and cognitive signs of anxiety. Parents and caregivers will develop knowledge of anxiety indicators in children and adolescents. This will allow them to distinguish between developmentally appropriate levels of anxiety/worry versus anxiety where professional consultation may be needed. Parents and caregivers will be provided with strategies to help their children and adolescents cope with anxiety. Additionally, resources (information, referral sources and treatment options) will be provided for parents who are seeking additional support for their children and adolescents. Time at the end of the workshop will be provided for discussion and questions.

#### **Elizabeth Lynett**

Psychologist

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Elizabeth is a psychologist with the TDSB. She has been supporting individuals in dealing with anxiety by collaborating with school support teams, families and other community mental health professionals.

#### **Vicky Timmermanis**

Psychologist

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Vicky is a psychologist with the TDSB. She has supported children and families in coping with anxiety through schools, community mental health agencies and hospitals.