



Anxiety: Explore the roots of anxiety and practical strategies to help



PRESENTED BY

Brandie Andrews



SERIES SESSIONS

Date	Time
May 18, 2022	4:00 PM - 5:30 PM



LOCATION

SAPDC Learning Suite OR Zoom online meeting - 2219 14 Ave S (Located in Our Lady of Assumption School)

FEE

\$30.00

QUESTIONS?

Contact Us:

403-381-5580

REGISTER ONLINE

Visit our website to register:

sapdc.ca

Program

Participants will be provided with an overview of anxiety—causes, functions, and symptoms. Participants will also be provided with concrete strategies they can start to integrate into their own lives and/or professional practice to promote the adaptive management of anxiety. The intent is to provide an understanding of the physiological and neurological underpinnings of anxiety as well as proactive, skill building interventions to assist in the transformation of problem anxiety to more adaptive, helpful anxiety. *Participants may be eligible for ACSW credits.

Presenters

Brandie Andrews

Brandie Andrews (MSW, RCSW) is a Registered Clinical Social Worker who has a clinical specialization in children and families. Her focus is working with individuals with complex needs including: Severe Behavioural Disorders, Autism Spectrum Disorder, Reactive Attachment Disorder, Oppositional Defiant Disorder, ADHD, FASD and Mental Illness.

Registration Notes

This session will be presented online with the option to attend in-person. Please indicate by checking the proper field on the registration page.



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