



## Children & Anxiety

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| <b>Facilitator(s):</b> | Melissa Prins     |
| <b>Date:</b>           | November 22, 2023 |
| <b>Time:</b>           | 4:00 pm – 6:00 pm |
| <b>Cost:</b>           |                   |
| <b>Location:</b>       | Virtual           |
| <b>Type:</b>           | Webinar           |
| <b>Session Code:</b>   | 24-MH-011-CARC    |

### Target Audience

Teachers, Educational assistants, parents, caregivers

### About this Learning Opportunity

- My child gets overwhelmed with new activities
- My child struggles when there is a change in their routine
- My child had a hard time meeting new people
- I want to support my child in knowing how to manage their BIG feelings

This workshop will be for parents, teachers, coaches and other adults who want to understand how to support children who live with anxiety. The course will be aimed towards supporting children between the ages of 5-10 years old.

### About the Facilitator(s)

#### Melissa Prins

I obtained my Master of Science in Marital and Family Therapy from Loma Linda University in 2008. I have been a Registered Psychologist since 2014. I have worked with a wide range of clients and presenting concerns throughout my career. I am passionate about working with couples and families, as well as adolescents. I also enjoy facilitating group therapy. My interests and experience are in the areas of trauma, parent-child attachment, grief and loss, and mental health concerns such as depression and anxiety. I use a trauma focused, narrative approach in my work. I am honored to be able to sit with my clients in their pain, witness their stories, and work collaboratively to support them to find a sense of hope, safety, and integration. I believe a therapeutic relationship based on acceptance, genuineness, safety, and collaboration can support people on their healing journey. In my spare time I enjoy running, traveling, reading, and spending time with family and friends.

*This learning opportunity is being subsidized through funding from Alberta Education.*