

*Free workshop from the BC Association of Clinical Counsellors (BCACC) called **Matters of the Mind: Top 10 Strategies for Caregivers Supporting a Child with Anxiety.***



## **Matters of the Mind: Top 10 Strategies for Caregivers Supporting a Child with Anxiety**

### **Date & Time**

Mar 5, 2024 06:00 PM in  
Pacific Time (US and Canada)

### **Description:**

In this one hour presentation, we will discuss 10 strategies for supporting a child with anxiety. These strategies are informed by evidence-based intervention with an emphasis on Cognitive Behaviour Therapy (CBT) techniques. Although geared towards caregivers supporting a child between the ages of 6-12, the information will hold relevancy for caregivers of older children and teens, as well as people of all ages. There will be a 20 minute question and answer period after the presentation

[Meeting Registration - Zoom](#)