

# CHILDHOOD / YOUTH STRESS & ANXIETY

## BUILDING RESILIENCE

EMPOWERING STRATEGIES

EFFECTIVE SUPPORTS



**LIVE Presentation and Discussion By:**

**Julie-Anne Richards**, M.A., R.C.C., C.C.C.

Registered Clinical Counselor, Psycho-educational Consultant

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6:30-8:00 pm

Wednesday

November 22, 2023

**NORTH SAANICH  
MIDDLE SCHOOL**

10400 McDonald Park Rd

### LIVE PRESENTATION

Tailored for Parents,  
Caregivers and Educators  
supporting children  
ages 10 – 14

**PLEASE REGISTER USING  
EVENTBRITE LINK BELOW**

## Free Event!

**REGISTRATION REQUIRED** (click or copy and paste in browser)

<https://www.eventbrite.ca/e/free-live-presentation-on-childhoodyouth-anxiety-by-julie-anne-richards-tickets-755981831007>

This Presentation is structured for an Adult Audience

Sponsored by SAANICH DISTRICT PAC and

NORTH SAANICH MIDDLE SCHOOL

inviting all parents, caregivers and educators

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