



VANCOUVER ISLAND  
PSYCHOLOGICAL  
SERVICES

PRESENTS

# PARENT WORKSHOP

## ANXIETY IN TEENS

**ONLINE**

February 16, 4:30pm

March 17, 4:30pm

Workshop 1  
***Anxiety - How to help  
your teen cope***

Presented by  
*Dr. Lydia Vallieres*

**Fee: \$50**

**Duration: 2h**

For more information or to register for the workshop,  
contact Vancouver Island Psychological Services  
(778)440-8880