

Strategies for the Treatment of Anxiety & Depression

Dr. Alexander Tavares, MD FRPCP

Parents for Children's Mental Health—Simcoe Region Chapter,
Kinark and New Path are pleased to offer families an
opportunity to attend a FREE seminar on Anxiety &
Depression with Dr. Alexander Tavares.

If you would benefit from learning effective strategies to help support the wellness of your child or youth with anxiety or depression, please come out to hear Dr. Tavares share on this topic.

Date: Saturday May 26, 2018
Time: 9:30-11:30 am
Location: The Common Roof: 165 Ferris Lane Barrie
Register with: Heidi by email at heidi.lipp@kinark.on.ca
or by phone at 705-726-8861 x6370

Content to be covered includes the following:

- hear helpful information about what anxiety/depression is
- learn strategies for parents to help their child/youth cope with anxious or depressive behaviours
- learn about approaches and services that could support your child/youth with anxiety/depression
- understand the role medication can play in the treatment of anxiety/depression