

CMHA Kelowna and UBC Okanagan are proud to present:

# Worries and Woes

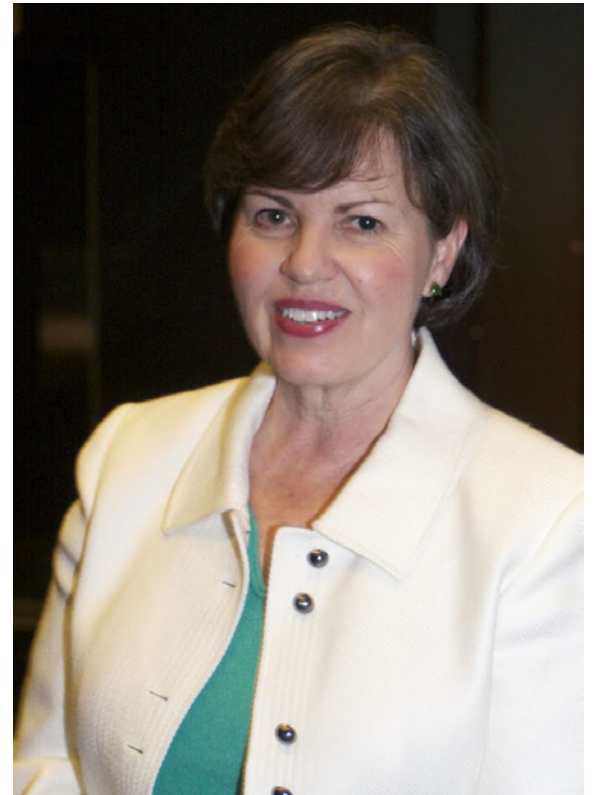
a presentation by guest speaker Dr. Lynn Miller

## November 5, 2015

At the Laurel Building from 7:00pm-9:00pm  
(1304 Ellis Street, Kelowna)

For parents and families of children, youth, post-secondary/young adults: Learn about the anxiety disorder spectrum. Identify signs of anxiety. Become aware of the latest treatments, interventions, and research. Develop immediate techniques to help an anxious child, youth, or young adult (including test anxiety). Receive direction to community resources.

Dr. Miller, PhD., Lic. Psychologist (Colorado) is an Associate Professor Emeritus in the Education and Counseling Psychology and Special Education department at the University of British Columbia.



Registration is requested for this free event.  
Visit [www.cmhakilowna.org](http://www.cmhakilowna.org)



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