

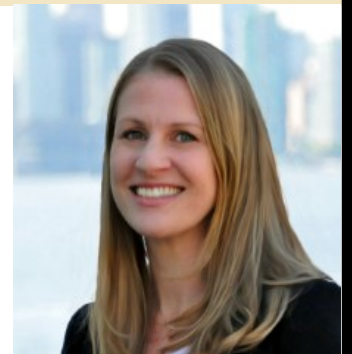
ANXIETY

and Today's Teens

February 19, 2018

Sir Winston Churchill Secondary, 7055 Heather Street
8:15 am—3:00 pm

MORNING SESSION: Keynote Speaker, **Dr. Kristin Buhr**, a Registered Psychologist and Director at the North Shore Stress and Anxiety Clinic who specializes in the assessment and treatment of stress, anxiety, and mood difficulties in adolescents and adults. For further information check out http://www.nssac.ca/professionals_Buhr.html



SCREENAGERS

GROWING UP IN THE DIGITAL AGE



AFTERNOON SESSION: A video screening of **Screenagers**. Teenagers today have never known a world without the internet, which may be why half of all adolescents say they're addicted to their digital devices. In her new documentary "Screenagers," Dr. Delaney

Ruston explores why young people are so drawn to social media and video games and what effect it's having on their brains. An award-winning documentary that probes into the vulnerable corners of family life and depicts the messy struggles over social media, video games and academics. The film offers solutions on how we can help our kids navigate the digital world.

REGISTER online at the VSB website:

<http://www2.vsb.bc.ca/vsbprograms/Prod/Current+Professional+Development+Opportunities/default.htm>

Day at a Glance

8:15 Coffee and Goodies
9:00 Dr. Kristen Buhr
12:00 Lunch (will be provided)
13:00 Screenagers & debriefing

Workshop registration fee is \$15