

COMMUNITY  
CONVERSATION  
SERIES

CREATING CAPACITY FOR  
YOUTH  
MENTAL WELLNESS

# ANXIETY IN CHILDREN & YOUTH

WEDNESDAY  
SEPT. 30 | 6:30 P.M.

Join us for an insightful workshop in our North Shore Community Conversation Series on Youth Mental Wellness.

**Key Speaker:** Dr. Sarah Newth, R.Psych from the North Shore Stress & Anxiety Clinic

**Additional speakers:** Parent & youth with lived experience

**Itinerary:** 6:30 - 7 P.M. | **Networking & registration**  
7 - 8 P.M. | **Panel presentations**  
8 - 8:50 P.M. | **Panel questions & Café style discussion**  
8:50 - 9 P.M. | **Closing remarks**

**Location:**

West Vancouver Seniors' Activity Centre  
695 21st St., West Vancouver

**Free Event** | Register at [rsvp.vch.events@gmail.com](mailto:rsvp.vch.events@gmail.com) or **click here.**

Endorsed by the North Shore C4 Committee