

ANXIOUS ABOUT ALLERGIES?

Coping with Anxiety Related to Life Threatening Allergies: Supporting our Children, Supporting Ourselves



Rebecca Janke, MSW RSW



 Raising children provokes anxiety in all parents. But raising a child with severe allergies comes with an endless supply of anxiety. **Coping with Anxiety Related to Life Threatening Allergies** is an informative and interactive workshop based on Dr. Gordon Neufeld's material. It is aimed for parents who want to explore the experience of anxiety, consider how it helps, evaluate how it hinders, and develop strategies to mitigate anxiety in ourselves as well as our children. Get ready to be inspired with creative ideas and a chance to connect with other parents.

 **Rebecca Janke** is a parent of a child with severe allergies and is a registered social worker who specializes in working with all types of family constellations. For more information about Rebecca visit: www.rebeccajanke.ca or about Dr. Neufeld visit: www.neufeldinstitute.com

When: Saturday, November 17, 2018 9:00am – 12:30 pm

Where: Room 2, Burnaby Lake Sports Complex West
3677 Kensington Ave, Burnaby (Close to Spratt Exit of Hwy 1)

Cost: \$30 per person. Please note fee is non-refundable.

To Register: <https://www.eventbrite.com/e/coping-with-anxiety-related-to-life-threatening-allergies-tickets-51057170371>

“This workshop provides a fantastic framework to understand the source of anxiety and how to address it. Rebecca does a great job teaching and reinforcing the concepts through thoughtful discussions”

Please note: Due to the sensitive nature of the material in this course it is not suitable for children. We kindly ask that you arrange adequate childcare so you can focus on the course.

Rebecca Janke is a Registered Social Worker with over 20 years of experience working with children and families. She specializes in promoting attachment within the parent-child relationship. She is a fantastic speaker and course facilitator. She is happily married and the mother of two girls who keep her laughing as well as never actually having a clean house.


Rebecca Janke
PARENT CONSULTANT

Helping Parents Find Clarity