



Southern Alberta
Professional Development
Consortium

Relational Culture and Making Sense of Anxiety



PRESENTED BY

Deborah MacNamara



SERIES SESSIONS

Date	Time
October 01, 2019	8:45 AM - 3:30 PM



LOCATION

Sandman Signature (formerly Lethbridge Lodge) - 320 Scenic Dr S

FEE

\$75.00

QUESTIONS?

Contact Us:

403-381-5580

REGISTER ONLINE

Visit our website to register:

sapdc.ca

Program

Session Descriptions:

AM Session - Relational Culture: (to be added upon receipt)

PM Session - Making Sense of Anxiety: As many as 20% of children and teens qualify for an anxiety disorder diagnosis, making it the most common mental health issue today. Anxiety can take many forms including obsessions, compulsions, phobias as well as other perplexing behaviours. We cannot treat something we do not understand and making sense of anxiety is fundamental in making headway. This presentation will bring a fresh and promising perspective to one of our most troubling human problems.

Presenters

Deborah MacNamara

Dr. Deborah MacNamara is the author of the best-selling book *Rest, Play, Grow: Making Sense of Preschoolers (or anyone who acts like one)*, is on Faculty at the Neufeld Institute, and is the Director of Kid's Best Bet, a Counselling and Family Resource Center.

Her book Rest, Play, Grow has been translated into Russian and French languages with Italian, German, Spanish, and Danish versions currently underway. Deborah is a dynamic teacher and experienced counsellor who makes developmental science come to life in the everyday context of home and classroom. She also provides counselling services to parents and professionals to make sense of learning, behavioural, and developmental issues in kids – from babies to teens.

Deborah travels nationally and internationally, speaking to child and adolescent development issues to groups including the United Nations and the Dalai Lama Center for Peace and Education. With over 60 presentations a year to groups including parents, educators, child care professionals, social workers, foster and adopt community, and health care professionals, Deborah shares her insight and passion for making sense of kids. She is a developmentalist at heart who is continually fascinated by the mysteries and beauty inherent in human maturation.

Registration Notes

Lunch and refreshments will be provided in the cost of registration.



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