



Be Your Child's Compass Point

# Making Sense of Anxiety in children and youth

A video courses for parents and professionals

by **Gordon Neufeld Ph.D.**

*Facilitated by April Quan*

**Four Sunday afternoons March 19<sup>th</sup> to April 9<sup>th</sup> 2017  
3:00 to 5:15 pm**

**Waldorf Academy - 250 Madison Ave (near Davenport)**

*\$100 per person \$150 per couple (sliding scale)*

Register at [truenorthparenting.ca](http://truenorthparenting.ca)

There is currently an epidemic of anxiety affecting children of all ages. Anxiety can take many forms including obsessions, compulsions, phobias, panic, as well as a host of perplexing seeking and avoidant behaviours. Most interventions are hand-me-downs from adult treatment and are questionable in terms of their appropriateness with children. We cannot treat something that we do not understand; making sense of anxiety is foundational to its cure. Dr. Neufeld brings a fresh and promising perspective to one of our most troubling and perplexing human problems.

- **Session One** - The neuroscience of anxiety. The key discovery here is of a complex and comprehensive human alarm system.
- **Session Two** - The science of attachment and our understanding of human threat - facing separation in all its various forms. Facing separation can be a vulnerability too much to bear, which cripples the alarm system.
- **Session Three** - A working model of anxiety. Recognizing the signs of anxiety is key to addressing the underlying alarm. Six reasons for the escalating anxiety of our children.
- **Session Four** - Six surprising solutions, surprising in that they run counter to most prevailing ways of dealing with anxiety. Also surprising is the profound effectiveness of these non-medical solutions, especially with children.



This video course was created by internationally-renowned developmental psychologist Dr. Gordon Neufeld, a best-selling and award-winning author. His revolutionary yet scientific approach turns parenting right side up, putting parents back in the driver's seat. His book *Hold On To Your Kids* is causing an international stir and is now available in sixteen languages.

For more information about Dr. Neufeld and his approach, visit his website:

**[www.neufeldinstitute.com](http://www.neufeldinstitute.com)**



April Quan is a Neufeld course facilitator and parent consultant. She has a Bachelor of Fine Arts, a Bachelor of Education, and is a member of the Ontario College of Teachers. She has been an independent artist, inner city supply teacher, and a teacher and administrator at Waldorf Academy. She is a Certified Grief Recovery Specialist® with the Grief Recovery Institute®. She has two children, now wonderful young men.

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