

ANXIOUS ABOUT ALLERGIES?

The Metro Vancouver Anaphylaxis Group presents:

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 28, 2015 9:00am – 12:00 pm

Where: Meeting Room #1, Burnaby Lake Complex
3677 Kensington Avenue, Burnaby, BC [Map](#)

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

To Register: [Click here to register through Eventbrite](#)

“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.

The Metro Vancouver Anaphylaxis Group is a volunteer parent-run group for individuals and families affected by life-threatening allergies. The group operates throughout the Metro Vancouver/Lower Mainland area of British Columbia.

Our aim is to provide support and foster connections for individuals and families living with life-threatening allergies. To achieve this we share experiences, information and resources as a means to increase our own awareness as well as enhance the knowledge and understanding of the communities in which we live. Contact us through our website: www.vancouveranaphylaxis.com, email: metrovanancouveranaphylaxis@gmail.com, or through our Facebook Group: <https://www.facebook.com/groups/vancouveranaphylaxis/>