

ST. CHARLES GARNIER CATHOLIC SCHOOL COUNCIL  
PRESENTS A MENTAL HEALTH PARENTING  
WORKSHOP

# ANXIETY 101

Learn to understand the warnings, triggers and symptoms  
of anxiety and ways to cope.

**Guest Speaker: Dr. Marilisa Morea**

Founder and Director of Monarch Therapy + Wellness Centre  
and

Lead Psychologist at NYGH Child Adolescent Department

**November 18th, 2020 | 7 PM**

**Google Virtual Meeting**

**Link: [meet.google.com/yge-smmp-yav](https://meet.google.com/yge-smmp-yav)**

Please log in prior to the 7pm start time to ensure  
you are present in the virtual workshop.

To avoid disruption, late participants may not be  
admitted to the workshop if already in session.

