

ST. MICHAEL CATHOLIC ACADEMY 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

MONARCH  
THERAPY + WELLNESS CENTRE

**GUEST SPEAKER: DR. MARILISA MOREA**  
**CLINICAL PSYCHOLOGIST**

**FOUNDER AND DIRECTOR OF MONARCH THERAPY + WELLNESS CENTRE**  
**AND**  
**LEAD PSYCHOLOGIST AT NYGH CHILD ADOLESCENT DEPARTMENT**

**FEBRUARY 9TH, 2021 | 6:30 PM**

**GOOGLE VIRTUAL MEETING**

**[HTTPS://MEET.GOOGLE.COM/PXG-MNRP-CAI?AUTHUSER=0](https://meet.google.com/pXG-MNRP-CAI?authuser=0)**

**NB: PLEASE LOG ON PRIOR TO THE 630PM 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.**