

FAIRFIELD MENTAL HEALTH · OAK BAY MENTAL HEALTH | NUVISTA CLINICS

FAIRFIELD & OAK BAY MENTAL HEALTH · VICTORIA, BC

Anxiety: How can you help?

Anxiety is an intense, overwhelming distress reaction that **often masks other emotions.**

When a loved one struggles with anxiety, parents naturally want to reassure or take the pain away. **This can fuel the anxiety cycle and keep you and your child stuck.**

Join us for a FREE parent workshop

Led by Tory Vitaly, MSW, RSW — a clear, compassionate roadmap back to peace and connection at home.

WHEN

Monday,
November 23, 2026

6:00 P.M. to 7:30 P.M.

WHERE

Sir James Douglas
Elementary (Library)

401 Moss St. Victoria, BC

WHAT YOU'LL LEARN

In this workshop, parents will learn tools to help break this cycle through targeted, specialized techniques.

You don't have to watch from the sidelines.

Emotion-Focused Family Therapy (EFFT) gives you practical skills to become your child's most powerful ally in managing big feelings.

SIGN UP HERE

Scan the QR to to reserve your spot.

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