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## Parents' Night Out

Free for parents of New Westminsterschool-aged children.

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**January 30, 2020**  
**6:30-8:30 p.m.**

Doors Open at 6:00p.m.

Location:  
Justice Institute of British Columbia  
715 McBride Blvd  
New Westminster, BC V3L 5T4

## *Managing Stress and Anxiety in Children and Youth*

Join us for an evening to talk about child and youth mental health! Our keynote speaker, Dr. Linda Uyeda, will explore the causes of stress, as well as prevention and healing techniques. A youth will share lived experience and local service providers will be on hand to talk about supports available in New Westminster.

Dr. Uyeda is a family physician who works at several Fraser Health youth clinics and the Forensic Psychiatric Hospital. Her medical expertise includes neuroscience, parenting, trauma and attachment.

To register, please visit <https://pno-stress.eventbrite.ca>

For questions or to register for free child minding, please call Rick Bloudell at 778-874-5457.



School District 40  
District Parent Advisory  
Council



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**NEWESTSCHOOLS.CA**

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