

# STRONG ENOUGH

Building mental wellness & community resiliency together

## 5 FOCUSED SESSIONS

(All sessions are free)

**Monday  
June 4th**

**2pm-4pm**  
**Business Owners, Managers, HR**  
**The Pioneer Complex**

**7pm-8:30pm**  
**Parenting Anxious Children**  
**Cariboo Bethel Church**

**Tuesday  
June 5th**

**10am-12pm**  
**Mental Health Professionals Focus**  
**The Pioneer Complex**

**2pm-4pm**  
**Indigenous Focus**  
**The Pioneer Complex**

**7pm- 8:30pm**  
**Community, all welcome**  
**Cariboo Bethel Church**

## FEATURING



Dr. Kristin Buhr, Registered Psychologist and Director at the North Shore Stress and Anxiety Clinic. She is a lead consultant for AnxietyBC ([www.anxietybc.com](http://www.anxietybc.com)), where she has developed numerous self-help resources for adults, parents, children, & teens coping with anxiety problems, including MindShift, an anxiety management app for youth & young adults. Dr. Buhr specializes in the evidence-based treatment of anxiety & mood disorders in adolescents & adults, & regularly provides educational workshops on mental health issues.

## JOIN US TO LEARN ABOUT:

- Removing barriers of stigma and fear to address mental health needs after trauma
- Understanding and normalizing anxiety and developing strategies to manage stress in the workplace.
- Equipping care professionals with tools to further their practice with clients.

### CONTACT

Bree Odd  
[bree@unitedwaytnc.ca](mailto:bree@unitedwaytnc.ca)  
(250) 706-8854

### LOCATIONS

The Pioneer Complex  
351 Hodgson Rd  
Williams Lake  
  
Cariboo Bethel Church  
833 Western Ave  
Williams Lake



United Way



School District No. 27  
(CARIBOO - CHILCOTIN)



Canadian Mental Health Association  
Mental health for all



Interior Health