



May 22, 2026

Important Dates coming up...

May 26th Band Concert (7:00 pm Dave Dunnett Theatre)

For your information:

Parent Information Supporting Kids with Anxiety (Ages 5–18)

- May 28 at 7:00 PM

- **Free** online workshop

- Recording available for all registrants after the workshop

Anxiety in kids does not always look like worry. It can show up as avoidance, big emotions, or shutdowns.

Join registered clinical counsellors Allison Peace, Laurie Parker, and Theresa Jackson for a practical workshop where caregivers will learn how to:

- Recognize signs of anxiety
- Build emotional regulation skills
- Teach coping tools
- Reduce anxiety-related behaviours

Please let us know if you have any questions or if we can provide any more info. We have attached a poster to this email and people can register online at gatherworkshop.eventbrite.com

We would appreciate you sharing this with patients and anyone who may benefit!

Thank you,

Ally, Laurie and Theresa

Co-Owners - Gather Clinical Counselling

--

Gather Clinical Counselling

[304-1120 Yates Street](https://gatherclinicalcounselling.ca)

Victoria, BC. V8V 3M9

236-470-0151

gatherclinicalcounselling.ca

From VCPAC (Victoria Confederation of Parent Advisory Councils)

EVERY STUDENT BELONGS

Culturally Responsive Practices in Our Schools

VCPAC
Reynolds Highschool
Thursday May 28, 2026
6:30 - 8:30 PM

ON-SITE CHILDMINDING AVAILABLE!
PIZZA & GAMES FOR THE KIDS.

Sponsored by **Thrifty Foods**

FREE TO REGISTER!



SPEAKERS
KASARI GOVENDER
B.C.'S HUMAN RIGHTS COMMISSIONER
DR. SHELLY (NIEMI) WILTON
DIRECTOR OF INDIGENOUS EDUCATION; SD61
SAMANTHA RUBIN
MULTICULTURAL LIAISON; SD61 WELCOME CENTER



- Helping Parents and Students Navigate Big Questions
- Respectful Dialogue Including SOGI & Indigenous education