

## Central East Collaborative: Helping Chronically Stressed Out and Anxious Children Navigate Twenty-First Century Living (March 6 only)



PRESENTED BY

**Dr. Katherine Martinez**

SERIES SESSIONS

Date	Time
March 06, 2019	9:30 AM - 3:30 PM



LOCATION

**Strathmore Travelodge - 350 Ridge Rd.**

FEE

**\$100.00**

QUESTIONS?

Contact Us:

[crc.info@aplc.ca](mailto:crc.info@aplc.ca)[403-291-0967](tel:403-291-0967)

REGISTER ONLINE

Visit our website to register:

[crcpd.ab.ca](http://crcpd.ab.ca)

### Learning Opportunity

This workshop is designed for professionals, rehabilitation practitioners, educators, social workers, counsellors, or psychologists who work with youth aged 5-18.

### Presenters

#### Dr. Katherine Martinez

received her degree in clinical psychology from Rutgers University in New Jersey. She is a registered psychologist (#2036) in British Columbia with over 20 years of experience in clinical work, research, and training. Dr. Martinez works in private practice in Vancouver having previously worked at both the Vancouver, and, San Francisco Bay Area Cognitive Behaviour Therapy Centres, as well as at Children's Hospital Oakland, California, and various clinics in New Jersey. She specializes in cognitive-behavioral assessment and treatment of anxiety, mood, and childhood disorders in youth, provides parent training to families, and conducts workshops and in-service trainings on CBT for Anxiety Canada. Finally, she has co-authored the book, *My Anxious Mind: A Teen's Guide to Anxiety and Panic* (Magination Press, 2009). She is the proud parent of a soccer fanatic and a football juggernaut!

## Registration Notes

Attendance at the event qualifies for Category 'A' credits through the Alberta College of Social Workers.



**Providing Quality Professional Learning  
Opportunities to K-12 Education Staff**