North Shore
Stress & Anxiety Clinic

FREE COMMUNITY TALK

Demystifying the Anxiety Disorders: What anxiety disorders are and how they work

The North Shore Stress & Anxiety Clinic (NSSAC) is offering a ***free public talk*** on anxiety disorders that will provide information and tools to help you or your loved ones understand the nature and characteristics of anxiety. For more information, visit us at **www.nssac.ca.**

DATE: Thursday, October 19, 2017 - 7 pm

LOCATION: Sutherland Church
630 East 19th Street
North Vancouver, B.C.

PRESENTER: Dr. Rami Nader, R. Psych.

Anxiety disorders are the most common mental health conditions, affecting one in five people. This talk will describe the features of various anxiety disorders and explain the mechanisms behind how they work and the factors that maintain anxiety.

Dr. Rami Nader is a Registered Psychologist and director at the North Shore Stress and Anxiety Clinic. He was one of the first psychologists in Canada to be certified in cognitive-behavioural therapy by the Canadian Association of Cognitive and Behavioural Therapies and provides specialized treatment for Depression, Post-traumatic Stress Disorder and a variety of Anxiety Disorders. He also conducts forensic psychological assessments and has been qualified as an expert witness in BC Supreme Court.

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