



**MONDAY, MAY 27, 2019**  
**PARENT PRESENTATION**  
**GRAND FORKS SECONDARY SCHOOL AUDITORIUM**  
**TIME: 6:00 PM TO 8:00 PM**  
**GUEST SPEAKER: SEAN LARSEN**

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From time to time everyone freaks out. This is especially true of the children and youth we are trying to support. Some young people, and older ones too, freak out more than others. These can be some of the hardest times for parents, caregivers, teachers or others in their lives. You may have noticed that when someone freaks out - the things we try to help them calm don't work as intended - and sometimes even make it worse!

When we freak out, the body and brain work differently than they do when calm. Learning more about these changes can help all of us learn to better support children when overwhelmed. In this presentation you will learn more about what goes on in kids' bodies and brains when they freak out, how we can help them calm quicker, and how we can build skills so that they get to this place less often.

Sean Larsen has an MA and is a PhD candidate in Counselling Psychology through the University of Victoria. He has worked with children and families for well over a decade. Some of his previous work settings include children's psychiatric units, youth custody centers, and outpatient mental health settings. Over the past 10 years, Sean has worked full time with the Ministry of Child and Family Development as a Child and Youth Mental Health Clinician. He trains suicide risk assessment and risk management provincially and has spoken nationally on childhood anxiety, neurodevelopment, early childhood trauma, parenting in the age of digital media, and suicide. Sean lives in Rossland, BC with his wife and two children and spends his spare time mountain biking and skiing.

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