

# Making Sense of Anxiety

The escalating level of anxiety in our children begs for an explanation as well as a solution. This Neufeld course sheds light on this age-old problem, paving the way for natural interventions that can actually get to the root causes as opposed to just managing symptoms. This course brings a fresh and promising perspective to one of our most troubling and perplexing human problems. Although the focus is on children, this enlightening material will benefit anyone suffering from anxiety.



Four Wednesday Mornings  
February 12 - March 5, 2014  
10 am - 12 noon

Port Moody  
Recreation Complex  
Ioco Road, Port Moody  
Fees: \$120.00 for 4 sessions

Registration:  
Online at [www.portmoody.ca/signmeup](http://www.portmoody.ca/signmeup)  
or call 604-469-4556  
Course Code #50960



**Bridgett Miller**  
Authorized Neufeld Facilitator

Bridgett Miller is an Authorized Neufeld Facilitator and has a background in Education, Special Education and Psychology. She is a certified teacher in British Columbia. Bridgett facilitates Neufeld courses in small groups for parents and educators wanting to make developmental sense of the children in their care. Her private practice **-True Growth Consulting-** is based in Port Moody. Bridgett consults privately with parents who are seeking a deeper understanding of how the Developmental Approach, which is firmly rooted in Attachment Theory, relates to their own children and family. These consultations are suitable for parents wanting to discuss their concerns privately rather than within a group setting. On a personal note, Bridgett is the mother of two daughters and has found the work of Dr Gordon Neufeld to be pivotal in helping her to grow them up.



For more information on other courses or to book a private consultation please contact [bridgett@truegrowthconsulting.ca](mailto:bridgett@truegrowthconsulting.ca)