

# SAVE THE DATE!

We are pleased to announce the Capacity Building Sessions for Support Network Members! This is part of CLBC's ongoing goal of increasing capacity in the region by supporting local service providers to expand the skills and knowledge to provide for the behaviour support needs of individuals with difficult and serious behaviour challenges (as defined in CLBC Policy Document). These free sessions are open to family members, caregivers and support staff.

## Anxiety and the Escalation Cycle: Practical Support Strategies

### LEARNING OUTCOMES:

- To understand the purpose and biology of anxiety
- Understanding the escalation cycle and how it relates to anxiety
- Identifying practical tools and resources that can help to manage anxiety
- To learn how to teach and generalize the practical support strategies discussed

**KELOWNA**  
DATE: 4 June 2018  
TIME: 10:30am – 2:30pm  
VENUE: To be confirmed

**PENTICTON**  
DATE: 5 June 2018  
TIME: 10:00am – 2:00pm  
VENUE: To be confirmed

**Registration is required.**

To register or for more information:

**Please call toll-free 1-855-437-7095 or  
email [laurel@posabilities.ca](mailto:laurel@posabilities.ca)**

**Light snacks and  
beverages will be  
provided.**