My Anxious Mind

An Introduction to:
Summer Dual Credit Program for Anxious Teens

Evidence-based, Experiential Program

60 minute presentation: School College Work Initiative
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Bernie

Introduction

Dedicated to the worriers.
What exactly is anxiety?

**DR. EXPERT:**

Anxiety is our body’s reaction to perceived danger or important events. Anxiety is like an internal alarm system. It alerts us to danger and helps our body prepare to deal with it. For example, it allows us to jump out of the way of a speeding car. It also helps us to perform at our best, like when you are studying for that final exam. Anxiety is something that everyone experiences from time to time.
LAV

Listen Acknowledge Validate
Where am I?
Where am I going?
How do I get there?
Amber's Story
Cassandra's Story
Bill's thoughts...
216 Parsons Ave, North Bay, ON P1A 1S
5279 Caroga Dr, Mississauga, ON L4V 1

Add destination

Leave now

Send directions to your phone

via ON-11 S

Fastest route, the usual traffic

This route has tolls.

DETAILS

10:34 PM—7:19 AM (Tuesday)

North Bay, Canada—Toronto, Canada

1 h 5 min

from $356

1 h 5 min

from $356

3 h 19 min

333 km

3 h 19 min

333 km

8 h 45 min

8 h 45 min

Michigan

Algonquin Provincial Park

Manitoulin Island

Sudbury

London

Auburn

Rochester

Detroit

Hamilton

Mississauga

Satellite

Google
Anxiety... can totally suck!
You are welcome to view my course:

http://npsc.elearningontario.ca

Username: scwi
Password: anxiety
Program Summary

- start by asking WHY are the students "at-risk" (hmmm... anxiety!)
- design the program
- 13 students
- 2 teachers
- *perfect* attendance
- all students earned their credits (2 high school, 2 college)
End with Gratitude

Thanks for supporting the program.

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