

Community Education Service



Improving emotional health and well being

Helping Your Child Cope with Needles

Understanding Needle Phobia in Children and Youth

Dr. Mitch Colp, Registered Psychologist
John Laing, Registered Psychologist

Many parents have experienced the dread of taking their children for shots. This issue has become even more apparent for families as the COVID-19 vaccines become available for children and youth. If your child (or you) are scared of needles, please join presenters John Laing and Dr. Mitch Colp of [Hexagon Psychology](#) for an engaging discussion about needle phobia in children and youth and learn practical strategies and tips to support yourselves and the children you care for on their vaccination journey.

The presenters will open with a general discussion about how anxiety can impact children and parents as they navigate the dreaded needle, including typical responses to the prospect of receiving a needle and what parents can watch for if they are concerned about their child's reaction to the thought of an injection. Following this, there will be a discussion of practical strategies to ensure getting a vaccination is as easy and drama free as possible. The discussion will conclude with a Q&A session and a review of the practical strategies discussed throughout.

FREE LEARNING

June 14, 2021
6:00 PM – 8:00 PM

Registration Required

This session is presented by the Community Education Service of the Mental Health & Substance Use Collaborative Initiatives & Child & Adolescent Addiction & Mental Health and Psychiatry Program (CAAMHPP) of Alberta Health Services with RVS, MHCB Stepping Stones to Mental Health and Kaizen Education Services in Calgary, and Hexagon Psychology in Airdrie, Alberta.

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