



Woolwich Counselling Centre Presents...

# Parenting Your Anxious Child!



All children experience fears during their development. It can affect sleep, appetite, school performance and general well-being.

Anxiety can strain family relationships and parenting.

This workshop addresses the causes, symptoms and treatment of anxiety in children. Tips are provided for parents to assist children manage their anxiety. Strategies to enable families to cope are also discussed.

**Monday October 3, 2016**

**7:00—8:00 pm**

**Fee: \$15 per person**

**Please call 669-8651 for more information**