

No Need to Fret!



Oh No!

Does your child worry excessively?
Do worries and fears interfere with
your child's ability to enjoy a carefree
childhood that all children deserve?
Did you know that appropriate and
timely intervention can
assist anxious children to grow up
to be healthy adults?

Successful strategies are provided to help
anxious children cope with fears and worries.

Ages 8-11

Group 1: Nov 7, 14, 21, 28 & Dec 5, 2018

Group 2: May 2, 9, 16, 23 & 30, 2019

6:00-7:00 pm

Fee: \$100

Please call 519-669-8651 for more information