

**WOOLWICH
COUNSELLING
CENTRE
PRESENTS**

PARENTING YOUR ANXIOUS CHILD

ADULT WORKSHOP

No cost, virtual workshop

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 in managing their anxiety. Strategies that enable families to cope are also shared.

THURSDAY, OCT. 14 2021

7-8 PM

LEARN MORE AND REGISTER:



519-669-8651



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