

**WOOLWICH  
COUNSELLING  
CENTRE  
PRESENTS**

# **SUPPORTING CHILDREN WHO ARE ANXIOUS**

## **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.

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**THURSDAY, SEPT. 29 2022  
7-8 PM**

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### **LEARN MORE AND REGISTER:**



**519-669-8651**



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