

ANXIETY AND MY CHILD- A FREE INFORMATION NIGHT FOR PARENTS

Prairie Valley School Division Learning Supports Team would like to invite you to a FREE workshop on identifying and managing your child's anxiety.



The main focus of this workshop are to provide:

- An introduction to anxiety, types of Anxiety Disorders and where anxiety comes from
- An overview of symptoms of anxiety difficulties that your child may be experiencing and the impact that anxiety has on one's life
- Anxiety and other Mental Health difficulties
- Ideas on how you as a parent can help to support your child in developing coping skills
- Strategies and supports for the classroom/school
- Information on resources and different sources of help and support

For Who: Parents, Guardians, Caregivers & Teachers/Support Workers

When: Tuesday January 16, 2018 6:30-8pm

Where: Greenall High School