

PARENT INFORMATION SESSIONS

ANXIETY

**WEDNESDAY, JUNE 19, 2019
6 P.M. TO 7:30 P.M.**

FOR: Parents and caregivers of school aged children

COST: FREE

Create the tomorrow you want and build resiliency by learning new skills and strategies and making supportive connections. Explore the topic of anxiety through information, discussion and skill building activities. Caregivers can expect to learn about what is anxiety, sources and signs of anxiety and the cycle of anxiety as well as participate in skill building activities which will provide practical strategies to support their children and themselves in coping with anxiety.

FAMILY AND COMMUNITY SERVICES

• 2nd Floor, 501 Festival Avenue, Sherwood Park

**Register at strathcona.ca/parentsupport
or call 780-464-4044.**