

## INVITES YOU TO A PRESENTATION FOR PARENTS

COMING Nov 7 & Dec 5! Registration required!

## ANXIETY: WHAT IT IS & WHAT YOU CAN DO TO HELP

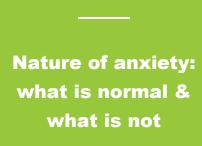
Monday, November 7, 2016 [Focus on children] Monday, December 5, 2016 [Focus on adolescents]

6:00 – 7:30 PM: Presentation 7:30 – 8:00 PM: Questions & Answers

Eastern Region District Conference Centre (40 Strawberry Marsh Road) or via Skype at your child's school

Please contact Laurie to register for seats at Conference Centre (seating is limited so call early): 777-4020; <u>laurie.ryan@easternhealth.ca</u>

Please contact administration staff at your child's school for further details & to register for the talk(s) via Skype



TOPICS

When to seek professional help

Strategies for helping your child

How parenting style plays a role

## **PRESENTED BY:**

Hazel Russell & Krista Marshall Social Workers

Dr. Sandie J. Cook Psychologist

> Mental Health & Addictions Program