



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;
laurie.ryan@easternhealth.ca

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

TOPICS

Nature of anxiety:
what is normal &
what is not

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**