



VIRTUAL Parent Information Workshop

(Join Keystone staff and other parents to get some answers and share ideas)

PARENTING YOUR ANXIOUS SCHOOL-AGED CHILD

Friday October 2nd and Friday October 9th, 2020
(9:30 a.m. to 11:30 a.m.)

Topics Covered Include:

Understanding childhood anxiety
Helpful approaches to anxiety
Coping ideas to help you and your child
Parenting challenges with anxious children
Coping with COVID 19 Anxiety
(It is helpful to attend both sessions)

Please register by calling 519-371-4773 #0
This workshop will be held virtually via Zoom