



# **VIRTUAL Parent Information Workshop**

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

## **PARENTING YOUR ANXIOUS CHILD**

Friday February 5<sup>th</sup> and Friday February 12<sup>th</sup>, 2021  
(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