



## VIRTUAL

# Parent Information Workshop

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



# PARENTING YOUR ANXIOUS CHILD

Thursday, November 18th, 2021 & Thursday November 25th, 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 ext. 0**  
***This workshop will be held virtually via Zoom***

\*Closing date for registration is Monday, September 13th, 2021\*  
Space is limited.

**[www.keystonebrucegrey.com](http://www.keystonebrucegrey.com)**