



VIRTUAL WORKSHOP

# PARENTING YOUR ANXIOUS CHILD

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

**Topics Covered Include:**

- Understanding childhood anxiety
- Helpful approaches to anxiety
- Coping ideas to help you and your child
- Parenting challenges with anxious children

*This is a 2-part series, please aim to attend both days.*

**APRIL 3 & APRIL 10**

**1:00pm TO 3:00pm**

**PLEASE REGISTER BEFORE March 29th**

**BY CALLING 519-371-4773, EXT '0'**



This virtual workshop will be held via ZOOM.

**[WWW.KEYSTONEBRUCEGREY.ORG](http://WWW.KEYSTONEBRUCEGREY.ORG)**