



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.

FEBRUARY 21 & FEBRUARY 28

9:30am TO 11:30am

PLEASE REGISTER BEFORE February 16th

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



This virtual workshop will be held via ZOOM.

WWW.KEYSTONEBRUCEGREY.ORG