

COPING WITH ANXIETY

A Parent Presentation

WHEN? APRIL 28TH FROM 6-7:30PM

WHERE? VALLEYCLIFFE ELEMENTARY GYMNASIUM

**A presentation for
parents/caregivers with
elementary aged children.**



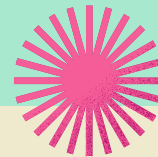
YOU WILL LEARN:

- Signs of anxiety in childhood
- Difference between typical and atypical anxiety
- How to increase children's resilience in times of uncertainty
- The role that you play in helping your child manage stress and anxiety
- Coping strategies for stress and anxiety
- Take home tools and resources
- Learn of the support services in the school and community

REGISTER FOR FREE HERE:



OR



In order for us to keep an eye on numbers for capacity and invite other school communities, we will need anyone interested in coming to sign up for the FREE presentation-please scan the QR code or click on the

hand icon for direct link.

We hope to see you there!