

# Community Education Service



## Taming Anxiety Gremlins

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**Thursday, November 28, 2019**

**6:30 pm - 8:30 pm**

**Sign in: 6:15pm**

**Dalhousie School**

**4440 Dallyn Street NW**

**Register: <http://community.hmhc.ca/>**

For more information: email [ces@ahs.ca](mailto:ces@ahs.ca) or call (403) 955-4747

Anxiety is at epidemic levels among children and teens. This workshop will promote parent and teachers' understanding of anxiety and teach them how traditional ways of offering help may unwittingly feed into the child's worries and associated behaviours. Participants will learn effective tools to help children manage their anxiety to promote their resilience and overall well-being.