

Community Education Service



Improving emotional health and well being

Taming Anxiety Gremlins

Dr. Caroline Buzanko | PhD, Registered Psychologist
Clinical Director | Koru Family Psychology

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.

Thursday January 30, 2020
6:30 - 8:30 PM
Dalhousie School
4440 Dallyn Street NW

FREE Learning

Register

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