

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 March 5, 2020

6:30 - 8:30 PM

**Marion Carson School
5225 Varsity Drive NW**

FREE Learning

Register

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