

Community Education Service



Little Worry Warts: The Anxious Child

Lindsay Hope-Ross, M. Sc., R. Psych., Clinical Lead, Healthy Minds/Healthy Children Outreach Services, CES Supervisor, Alberta Health Services

Thursday October 5, 2017

7 - 8:30 pm

Sign in: 6:45 pm

Scenic Acres School - Gymnasium
50 Scurfield Way NW, Calgary

****Registration Required: <http://community.hmhc.ca/>** or call (403) 955 - 4747**

Participants will learn about what anxiety is (including various anxiety disorders) and how to recognize anxiety in their children, as well as gaining an understanding of its possible origins. Most importantly, they will acquire knowledge of strategies to help reduce their children's anxiety and its associated behaviours, and when and how to seek professional help.