

# Community Education Service



## Understanding Anxiety in Children: How Parents can Help

Katherine Jarrell, MSW, RSW, Clinical Consultant,  
Healthy Minds Healthy Children Outreach Services, Alberta Health Services

*\* coffee/tea/light refreshment provided \**

**Thursday, January 25, 2018**

**Session: 6:30 pm - 8:00 pm**

**Sign in: 6:15 pm**

**River Valley School, Sundre  
310 Centre Street N**

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

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

Anxiety Disorders in children and youth are becoming increasingly common.

As parents and caring adults we can play a major role in coaching young people how to better manage their anxiety and stress. Join Katherine Jarrell in this engaging session to better understand the origins of anxiety and stress, along with an array of strategies to more effectively manage 'the emotional amygdala'. Katherine Jarrell MSW, RSW is a clinical consultant with Alberta Health Services' Healthy Minds Healthy Children program. She enlivens her presentations with stories of children and youth she has worked with in various capacities over the years.

This session is presented by the Community Education Service and Healthy Minds Healthy Children Outreach Services of the Child & Adolescent Addiction, Mental Health & Psychiatry Program (CAAMHPP) of Alberta Health Services in partnership with [CESD Family School Wellness](#) and [River Valley School](#).