

Community Education Service

Supporting your Anxious Child - What Works and What Doesn't

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Applied Child Psychology & Allison Blake, BSc, MA School Counselling

Thursday February 15, 2018

6:30 pm - 8:30 pm

Sign in: 6:15pm

C.W. Perry School

186 Sagewood Blvd SW, Airdrie

Session is FREE
of charge/
Parking fees
may apply

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

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

This workshop offers an introduction to childhood stress and anxiety. Topics will include: what is the difference between stress and anxiety? When is anxiety helpful; when is it not? Examples of how anxiety can "look" - both at home and in the classroom - will be provided. Hands-on, take-home strategies will be combined with evidence-based theory, in order to better understand what is helpful and less helpful when supporting your anxious child.

Level I: This session presents an overview of supporting your anxious child and would best meet the needs of families and/or professionals with little to no knowledge of, or experience, with this topic.

This session is presented by the Community Education Service of the Child and Adolescent Addiction, Mental Health and Psychiatry Program (CAAMHPP) of Alberta Health Services in partnership with [RVS—MHCB](#), [Stepping Stones to Mental Health](#).