

# Community Education Service



## Taming Anxiety Gremlins

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Clinical Director, Koru Family Psychology

Thursday, January 24, 2019

6:30 pm - 8:00 pm

Sign in: 6:15pm

St. Sebastian School

65 Chaparral Drive SE

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

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

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.