

# 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, how it shows up, and how to tell the difference from normal worries and anxiety. Participants will also learn how typical strategies may unwittingly worsen kids' worries and associated behaviours, along with the key skills needed to successfully manage their anxiety while building courage, confidence, and resilience.

## FREE Webinar

**Tuesday, November 10, 2020  
12:00 - 1:30 PM**

[Register](#)

<https://community.hmhc.ca>