



Helping Our Anxious Children Find Rest

A webinar for parents

When: Wednesday, March 17, 2021 at 7:00pm

Where: Live from your living room!

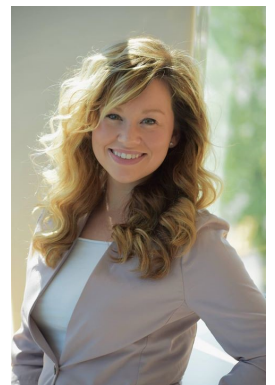
To register for the Zoom videoconference, visit:

https://us02web.zoom.us/meeting/register/tZErfuorjkoHtIp2QYsGvIJ4_vGUSQ47sPV

After registering, you will receive a confirmation email containing instructions on joining the meeting.

Join experienced psychoeducator **Krysta Letto** to learn more about anxiety in children and develop strategies for parents to help their children find emotional rest.

From a developmental perspective, we will explore the emotional roots of anxiety - going beyond the reactions and behaviours we see in our children. We will look at the essential role of relationship when addressing anxiety as well as the importance of making room for safe emotional expression.



For more information, please contact:
Ellie Fleming, efleming@jhparkers.net or 418-684-5333 ext.1265