



# Helping Our Anxious Teens Find Rest

## A webinar for parents

**When:** Thursday, March 18, 2021 at 7:00pm

**Where:** Live from your living room!

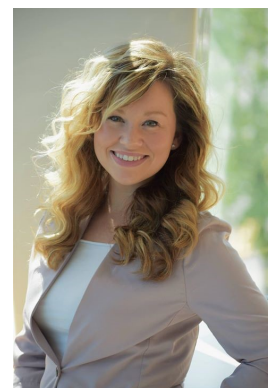
To register for the Zoom videoconference, visit:

<https://us02web.zoom.us/meeting/register/tZYqf--uqjkqHdDxcg4Anf6nsIKITlu30zpL>

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 teens and develop strategies for parents to help their teens 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:  
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Feb. 12, 2021