
Free parent education workshop

for parents of children 9 to 13 years

Helping support your child who worries

This workshop is for parents to support their children who experience anxiety and worries. Learn about the different signs of anxiety, what is adaptive and what gets in the way.

You will be provided with effective strategies for how both parents and children can cope in and out of the home.

Although the workshop is aimed for parents with children between 9-13 years of age, all are welcome.

Presented by Dr. Dina Lafoyiannis, C. Psych., Clinical Psychologist, and Leah Litwin, M.A., Ph.D. (candidate)

Registration is required and child care is available.

Monday, May 27, 2019

6 to 8 p.m.

114 Maitland St.

SickKids Centre for Community Mental Health

To reserve your spot, email with details

familiesfirst@sickkidscmh.ca

or call 416-924-1164 ext. 2167



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