
Free parent workshop

for parents of children 6 - 12 years

Helping your child cope with worries

Introductory workshop for parents
of children with mild to moderate anxiety

Monday December 10, 2018
6 – 8 p.m.

114 Maitland Street, Toronto
SickKids Centre for Community Mental Health

Children with anxiety may experience various challenges at home, school, and in the community. Learn about signs of anxiety in children and effective strategies to help your child to cope. A variety of resources will be provided.

Presented by
Barbara Pierre, BSW, DTATI, RCAT, RSW
Lisa Schwartz, MSW, RSW
Child & Family Therapists

Registration is required and
child care supervision is available

To reserve your spot, email with details

familiesfirst@sickkidscmh.ca

or call 416 – 924 - 1164 ext. 2167



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