

WORKSHOP FOR ALL KPR PARENTS AND CAREGIVERS

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ANXIETY 101

Tips and Strategies
for Supporting Your
Child's Return To
School

Do you ever worry about your child's worry? Are you concerned about their transition back to school in September?

This virtual workshop is designed to assist parents and caregivers to develop strategies to 'coach' your child or teen to manage their symptoms of anxiety and the anxiety-related behaviours that often keep them from participating in school, social events, and other important activities. Participants will better understand the neurobiology of anxiety, the impact that it has on your child's thoughts and behaviours, and how you can support your child to utilize healthy skills and strategies to manage these struggles.

Registration Required:

<https://bit.ly/3gPRTF0>

This workshop will be offered on three different occasions.

Dates:

Tuesday July 13th at 1pm
Tuesday July 20th at 11am
Tuesday August 6th at 1PM