



Parenting Anxious Kids

WHAT IS IT?

It's an educational group for parents who have anxious children. Topics covered include: what anxiety looks like in children, where it comes from, themes and concepts in effective parenting, and practical tips for decreasing your child's anxiety.

The group is a combination of education and brainstorming discussion with other parents.

WHERE IS IT?

The groups will be held at the Neighbourhood Learning Center (NLC) at Chilliwack Senior Secondary at 46363 Yale Road.

WHEN IS IT?

The group runs for 4 weeks, consisting of weekly 2 hour evening sessions on Thursdays from 7-9pm, starting Thursday January 15th through Thursday February 5th.

WHO IS FACILITATING IT?

Brandi Carlow (CYC Practitioner) and Steph Harris (CYMH intern)

HOW DO I SIGN UP?

Please email Brandi Carlow at bcarlow@telus.net for additional information and to register. Please include your name and phone number.

If the current group is full we would be happy to place your name on our running waitlist for upcoming groups.