



# 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, brainstorming discussions and mindfulness practices.

## WHERE IS IT?

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

## WHEN IS IT?

Following an initial individual pre-screening on Tuesday June 21, the group runs for 4 weeks, consisting of weekly 2 hour evening sessions on Tuesdays from 7-9pm, starting Tuesday June 25 through Tuesday July 19.

## WHO IS FACILITATING IT?

Steve Woolf, RCC, NCC, MS.Ed. Private Practice Counselor  
Jeff Ayres, CYMH Intern

## HOW DO I SIGN UP?

Please email Steve Woolf: [steve@turningtowardsessence.com](mailto:steve@turningtowardsessence.com) for additional information and to register. Please include your name and phone number.

|  |                                  |  |  |
|--|----------------------------------|--|--|
| <b>Ministry of<br/>Children and Family<br/>Development</b> | Child and Youth Mental<br>Health | <b>Mailing Address:</b><br>8978 School Street<br>Chilliwack, British Columbia<br>V2P 4L4 | Telephone: 604.702.2311<br>Facsimile: 604.702.2344<br>Web: <a href="http://www.gov.bc.ca/mcf">http://www.gov.bc.ca/mcf</a> |
|--|----------------------------------|--|--|