

Little Champions

Helping parents and kids become
Worry Warriors



- A practical **7 week program** that aims to help you:
- > Understand how anxiety works
 - > Learn parenting strategies that help and hinder your child
 - > Plan interventions specifically for your child

Child and Youth Mental Health (through MCFD) is offering a new parent-oriented program aimed at helping kids **age 4 – 7** who struggle with various degrees of anxiety.

Dates:

Fall 2016 - Tuesdays (9:15 – 11:15am), October – November (start Oct.18)

Winter 2017 - January - February

Location: Neighborhood Learning Center (in Chilliwack Sr. Secondary)

Group facilitator: Pauline Pauls

Contact: Email to inquire about space and eligibility in the group

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