

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 a brief initial individual intake on Tuesday October 4, the group runs for 4 weeks, consisting of 2 hour evening sessions every other Tuesday from 7-9pm: Tuesday October 18th and November 1st, 15th and 29th.

WHO IS FACILITATING IT?

Steve Woolf, RCC, NCC, MS.Ed. Private Practice Counselor

HOW DO I SIGN UP?

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

Ministry of Children and Family Development	Child and Youth Mental Health	Mailing Address: 8978 School Street Chilliwack, British Columbia V2P 4L4	Telephone: 604.702.2311 Facsimile: 604.702.2344 Web: http://www.gov.bc.ca/mcf
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