

# Little Champions

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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

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

**Dates:**

Wednesdays (9:15 – 11:15am) starting September 27, 2017 (for 7 weeks)

**Location:**

Neighborhood Learning Center (in Chilliwack Sr. Secondary)

**Group facilitator:**

Pauline Pauls

(Email to inquire about space and eligibility)

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