

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 groups will consist of 4 weekly 2-hour evening sessions, from 7-9pm, starting Tuesday September 26th through October 17th.

WHO IS FACILITATING IT?

Jeffrey Ayres, MA

HOW DO I SIGN UP?

Please email Jeff at: Jeff.Ayres@gov.bc.ca for additional information and/or to register. Please include your name and the best way to contact you, and Jeff will follow up with you personally.