

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

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:

Mondays (9:15 – 11:15am) starting January 22, 2018 (ending March 12)

Location:

Neighborhood Learning Center (in Chilliwack Sr. Secondary)

Group facilitator:

Pauline Pauls

(Email to inquire about space and eligibility)

pauline.counsellingandwellness@gmail.com

