Anxiety Group

Supporting Children ages 8-10 struggling with anxiety



*CHILDREN WILL ENGAGE IN A SAFE ENVIRONMENT TO:*

* Explore anxiety and understand anxiety in the body
* Learn coping strategies to manage anxiety through a variety of activities

**Thursdays, October 12 – November 9, after school 3:30 - 4:30 pm**

Family Place (494 Bay Avenue, Parksville)

For registration please email Rachel.Longmore@gov.bc.ca