

Kids Anxiety Group

**With Child and Youth Mental Health: 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, November 6-December 4

After school, 3:30 - 4:30 p.m.

Family Place (494 Bay Avenue, Parksville)

For registration, please email

Stella.C.Forbes@gov.bc.ca