



**Information Topics presented by  
Child and Youth Mental Health**

- ✓ **Your Child's Anxiety**
- ✓ **Emotional Regulation and How to Help**
- ✓ **Collaborative Solutions for Difficult Behaviours**

**WHEN: 6:00 pm – 7:30 pm**

**Wednesday, September 25, 2024**

**Wednesday, October 30, 2024**

**Wednesday, November 27, 2024**

**Where: FAMILY PLACE, (494 Bay Avenue, Parksville)**

**How: Contact [Stella.C.Forbes@gov.bc.ca](mailto:Stella.C.Forbes@gov.bc.ca)**