

Child and Youth Mental Health Presents:

UNDERSTANDING YOUR CHILD'S ANXIETY



**JOIN US FOR A ZOOM INFORMATION SESSION
WEDNESDAY, AUGUST 31; 6-7:30PM (TO 8:00PM FOR
DISCUSSION**

*Learn information about
childhood and
adolescent anxiety*

*Learn strategies to help your
son or daughter cope in
stressful situations*

Contact Nicole for registration: Nicole.nemeth@gov.bc.ca