



FREE!

A Workshop for Parents

Understanding Anxiety

Building Resilience for our Children

Online with Zoom

This is a **2 part session** being held over two evenings.

Feb 17 and 24th

7:00pm-8:30pm

TOPICS

- Stress versus anxiety
- Crisis survival skills
- Emotional regulation strategies
- Mindfulness

Limited enrollment. Email bbirley@prn.bc.ca if you have any further questions or to request a registration form.