

Parenting your anxious child.

- How can I help my child manage their anxiety?
- Is this normal behaviour?
- What can I do to reduce the factors that add to my child's anxiety?

Under the expert direction of **Betsy Mann** at Family Services à la famille Ottawa, this three-week course offers an informative and interactive exploration of the challenges and opportunities facing parents of anxious children.

This course is open to parents of children all ages. Come and meet with other parents to discover new strategies for making parenting more effective, less stressful and more rewarding – for everyone.

Topics include: understanding anxiety, child-friendly strategies to reduce anxiety, coping strategies for parents, where to go for more resources.

When: Wednesdays – May 15, May 22 and May 29, 2019
6:30 p.m. to 8:30 p.m.

Where: Family Services Ottawa, 312 Parkdale Avenue

Cost: \$90.00 per person

Please visit us at www.familyservicesottawa.org to register online or call our Intake line at 613-725-3601 ext. 108 for more information.

Get the *parenting edge!*