

Presents

Parent-Led Strategies for Child Anxiety

Anxiety Education/Training 101

A 3-hour interactive training workshop for parents and caregivers looking to help their school-aged child/youth cope with anxiety and stress.

Learn about cognitive-behavioural skills designed to help parents help their kids. Leave with a “roadmap” to help support next steps for your child/youth.

Training led by Dr. Colin King, Psychologist & Director of MJW-CYDC with support of Psychology Graduate Student Clinicians.

When:

Saturday, November 26, 2022
9:00am to 12:00pm

Where:

Faculty of Education (Althouse College)
1137 Western Road, London ON N6G 1G7

Parking: Complimentary parking available in the parking lot behind the Faculty of Education, accessible from the north drive only. (Lot H on the map).

www.uwo.ca/parking/find/pdf/Parking_September_2021.pdf

Register & Learn More:

Free Event! Workshop supported through donations and the Bell Let’s Talk Community Fund.

Email or call **Tiffany Trudgeon** to register at:
tvalent2@uwo.ca; 519-661-4257

www.mjw-cydc.uwo.ca