



SUPPORTING YOUNG CHILDREN WITH ANXIETY USING STORYBOOKS

Guidance and Support for Caregivers

Know a young child who struggles with back to school worries?

Learn how to use targeted anxiety storybooks to help!

Join Rachel Krahn and Dr. Colin King as we discuss how to incorporate principles from cognitive-behavioural therapy into your conversations with children on anxiety using focused storybooks!

If you know a young child who is struggling with night-time worries, social stress, trying new things, or keeping all of those worries away - this presentation is for you!

Western



Mary J. Wright Child and
Youth Development Clinic

Tuesday, August 26th, 2025

12:30 PM – 1:15 PM

Masonville Branch Library

30 N Centre Rd, London, ON, N5X 3W1