

Interested in support for your child (7-12 years) to manage anxiety?

Getting Ahead of Anxiety: Developing our Child and Parent Toolkit

Join us at the MJW-CYDC for a **"mini" anxiety group treatment program** as we spend three consecutive weeks talking about learning how to manage anxiety!

With opportunities for **both children (7-12 years old) and parents to learn skills** to help reduce anxiety, this 3-week morning program will help families talk about worries and learn anxiety management strategies.

Program led by Dr. Colin King, Psychologist with the support of Psychology Graduate Student Clinicians.

<u>When:</u>	Tuesdays (9:00-10:00am): November 11, November 18, November 25
<u>Where:</u>	Mary J. Wright Child and Youth Development Clinic (Faculty of Education; Althouse College) 1137 Western Road, London ON N6G 1G7 Parking: Complimentary parking is available directly in front of the Mary J. Wright Child and Youth Development Clinic.
<u>Cost:</u>	\$125 for the 3 Week Program Financial assistance is available for families
<u>Register & Learn More:</u>	Register at www.mjw-cydc.uwo.ca or You can also email or call Tiffany Trudgeon at: cydc@uwo.ca (519-661-4257)