**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?**

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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 4-14 years old. 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.

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**When:** Wednesdays, Nov. 13, Nov. 20, Nov. 27, 2019

**Time:** 6:30 pm - 8:30 pm

**Where:** Family Services Ottawa, 312 Parkdale Avenue

**Cost:** $105.00 per person

**Please visit us at** [**www.familyservicesottawa.org**](http://www.familyservicesottawa.org) **to register online or call us at 613-725-3601 ext. 108 for more information.**