

**Children’s Anxiety in**

**Uncertain Times**

* **Was your child a worrier before, but now you are seeing symptoms of anxiety?**

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This past year has been hard on everyone, with all its changes and uncertainty. Join Betsy Mann in this one night parenting workshop, and discover some tools children can learn to use when they’re feeling overwhelmed by worry. You will also find out some parenting strategies that can make children’s stress load more manageable.

**What you will take away from this workshop:**

* Increase understanding about anxiety and its manifestation during uncertain times.
* Identifying and developing child friendly strategies to help reduce and manage children’s anxiety and worry.
* Develop coping strategies for you as a parent, and discover resources and supports available for your family.

**When:** Thursday April 21st, 2022

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

**Where:** Zoom Video Conferencing

**Cost:** $40.00 per person

**Please visit us at www.familyservicesottawa.org to register online. For more information, email parenting@familyservicesottawa.org or call 613-725-3601 ext. 108.**

