

# No Need to Fret!



Oh No!

**Does your child worry excessively?  
Do worries and fears interfere  
with your child's ability to enjoy a  
carefree childhood that all  
children deserve?  
Did you know that appropriate  
and timely intervention can  
assist anxious children to grow up  
to be healthy adults?**

Successful strategies are provided to help  
anxious children cope with fears and worries.

**Ages 7-10**

**Group 1: Nov 2, 9, 16, 23, 30, & Dec 7, 2016**

**Group 2: April 20, 27, May 4, 11, 18 & 25, 2017**

**6:30-8:00 pm**

**Fee: \$100**

**Please call 519-669-8651 for more information**