**Parent Workshop #2 Child Anxiety, Resilience, and Positive Mental Health**

**How can we help our children to build resilience, form positive relationships, and understand one another?**

**How do we recognize and understand anxiety in children?**

**What are normal developmental fears and what constitutes anxiety that requires intervention?**

**How does anxiety impact thoughts, behaviours, and emotions?**

**Do you need new strategies to improve attendance, difficult mornings, trying new things, physical complaints?**

Please join us on **Wednesday, January 10th at 7:30** in the **Meadowlane library** for answers to these questions and more. Our guest presenter will be **Dr. Lynn Swanson**. Dr. Swanson’s current work includes assessment and treatment of preschool and school-age children, adolescents, adults, couples, and families. She has worked at Grand River Hospital on the Preschool Diagnostics Team and in the Child and Family Centre. She has also worked as the Assistant Director of the Psychology Clinic of the University of Waterloo. You will have an opportunity to ask questions and deepen your understanding of children’s mental health.

Everyone is welcome so please feel free to invite your neighbours or friends from other schools. **Babysitting and interpreters will be provided for those who need it.** We will have lots of space and babysitters available so there is no need to RSVP to this event. Please contact the school if you require an interpreter.

Thanks! Hope to see you there!

R. Jutzi and School Council