

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?**

This group supports children who worry, feel unsafe and emotionally overwhelmed. Successful strategies are provided to manage and cope with fears and worries.

Ages 7-10

Group 1: October 21, 28, November 4, 11, 18 & 25, 2015

Group 2: March 10, 24, April 7, 21, May 5, & 19, 2016

6:30-8:00 pm

Fee: \$100

Please call 519-669-8651 for more information