



Getting off the 'Worry Train'

Parents & Caregivers! Join us for a **One Hour** educational workshop exploring how you can better support your **Child coping with Anxiety**.

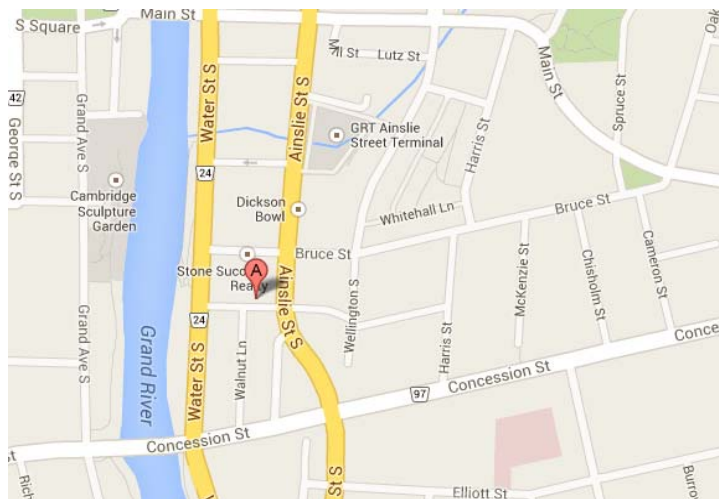
- Learn key symptoms & warning signs of Anxiety
- Explore with Facilitator's 10 key Parenting & Anxiety management strategies to support your Child
- Obtain a list of community support services

Date: Thursday, April 24, 2014

Time: 630pm to 730pm

Cost: \$40

**Location: Family Counselling Centre of Cambridge and North Dumfries
18 Walnut St. Cambridge, ON N1R 2E7**



To Pre-register Call: (519) 621-5090 Ext. 254

Your Facilitator's: **Bina Moore** Registered Social Worker is a Clinical Therapist at Family Counselling Centre of Cambridge & North Dumfries and **Heather Faulkner** is a BSW Candidate Currently studying at the University of Waterloo.

Facilitators will be providing a receipt upon payment of \$40 fee that can be submitted to your benefit plan. Subsidies will be available upon request.