



BUILDING BLOCKS FOR BETTER LIVES

Westcoast Family Centres



Kids Have Stress Too!®

FREE FOR: Parents who have a child between the ages of 2-8 years who is exhibiting signs and symptoms of stress and/or anxiety, such as in concentration, getting along with others, health issues, fearfulness, or showing repetitive worrying behaviours.



In a concentrated **three hour workshop**, each parent will leave with a specific skill set and strategies to better assist their child with coping strategies related to feelings and behaviours.

****Child care will be available to a limited amount of children on site. Please register in advance.**



NORTH SHORE

John Braithwaite Community Centre
145 W 1st Street
North Vancouver, BC

Saturday, **December 10th, 9:30 - 12:30**

To register: email Jan at j.waldbillig@westcoastfamily.org or call **604-254-5457** ext. 241



THE PSYCHOLOGY FOUNDATION OF CANADA
LA FONDATION DE PSYCHOLOGIE DU CANADA



Bell
Let's Talk