

Parenting Your Anxious Child

Online Workshop

Facilitators



Lena Selitser

BA (Hons.) Doctoral Student - Therapy Practicum



Melissa Kaye

MC- Registered Clinical Counsellor



North Shore CBT Centre

202-1500 Marine Dr, North Vancouver, BC
V7P 1T7
77718 4706
www.northshorecbt.com

Overview:

- Learn what anxiety is and how it shows up in children
- Learn specific tools to help your child develop more realistic and balanced thinking
- Try out strategies for managing disruptive behaviours and share your experience with the group
- Connect with other parents to build a stronger support network

How to Register:

Please contact our Intake Coordinator

Email: info@northshorecbt.com

Phone: 778-928-9069

Cost:

\$300

Note: Participation in all 4 sessions is encouraged

Dates and Times:

Wednesday, May 20 : 9:30-11am

Wednesday, May 27: 9:30-11am

Wednesday, June 3: 9:30-11am

Wednesday, June 10: 9:30-11am

Who:

Parents with children ages 5-16 years old