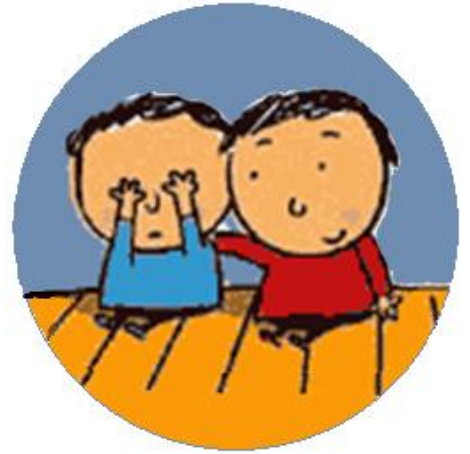


An Introduction Workshop: Parents Supporting Children With Anxiety



COME AND LEARN MORE!

This **free** workshop will educate parents/cargivers on the affects of anxiety on children and how to support them amidst the pandemic.

Topics include:

1. How parent-child relationships can help with children's anxiety
2. A neuroscience perspective that explains children's anxiety responses

WORKSHOP DETAILS:

Two Dates Available:
September 25th, 2020
or October 9th, 2020
from 9:45 am - 12:00 noon

VCH Richmond Mental Health
8100 Granville Avenue
Room 345B (3rd Floor)
English Workshop

Priority will be given to Richmond parents/caregivers of children ages 12 and under.
This is a **caregivers only** workshop. **No child-minding** will be provided.

This is an in-person workshop with limited space to accommodate COVID-19 safety and social distancing protocols. All rooms and equipment undergo a VCH IPAC Assessment procedure. Presenters will wear face masks. All participants are **strongly recommended** to wear face coverings.

Register on Eventbrite: bit.ly/2Fhmewa

Deadline: September 21st, 2020 for Sept 25th Workshop

Deadline: October 5th, 2020 for Oct 9th Workshop