



SUPPORTING YOUR ANXIOUS CHILD

3 WEEK WORKSHOP SERIES

Join PRC's Early Learning Specialist, Joanne Boyd for a three week workshop series on supporting anxious children. In this workshop series, we will define anxiety and learn how it manifests itself in children. We will explore strategies to help children develop positive thinking habits and coping skills.

Suitable for parents / caregivers of children aged 3 to 12 years.



Early Learning Specialist Joanne Boyd BSc RECE has 20 + years' experience in the childcare sector. She has a strong interest in temperament and how stress and anxiety impact learning, behaviour and relationships.



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OCT 03, 10, 17
6:30-8:30 PM

WHAT IS ANXIETY?

WHAT ANXIETY CAN
LOOK LIKE IN
CHILDREN

PRACTICAL ADVICE
TO HELP MANAGE
ANXIETY

REGISTER WITH

Eventbrite

THE PARENT RESOURCE
CENTRE

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www.parentresource.ca