

# Parenting your anxious child.

- How can I help my child manage their anxiety?
- Is this normal behaviour?
- What can I do to reduce the factors that add to my child's anxiety?

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Under the expert direction of **Betsy Mann** at Family Services Ottawa, this three-week course offers an informative and interactive exploration of the challenges and opportunities facing parents of anxious children.

This course is open to parents of children **2 to 15 years** of age. Come and meet with other parents to discover new strategies for making parenting more effective, less stressful and more rewarding – for everyone.

Topics include: understanding anxiety, child-friendly strategies to reduce anxiety, coping strategies for parents, where to go for more resources.

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**When:** Tuesdays – November 28, December 5 and December 12, 2017  
6:30 p.m. to 8:30 p.m.

**Where:** Family Services Ottawa, 312 Parkdale Avenue

**Cost:** \$90.00 per person

For information and registration, please contact us at 613-725-3601 extension 207 or visit us at [www.familyservicesottawa.org](http://www.familyservicesottawa.org) to register online

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