

Presents

Parent-Led Strategies for Child Anxiety

Anxiety Education/Training 101

A 3-hour interactive training workshop for parents and caregivers looking to help their school-aged child/youth cope with anxiety and stress.

Learn about cognitive-behavioural skills designed to help parents help their kids. Leave with a “roadmap” to help support next steps for your child/youth.

Training led by Dr. Colin King, Psychologist & Director of MJW-CYDC with support of Psychology Graduate Student Clinicians.

<u>When:</u>	Saturday January 27, 2024 9:00am to 12:00pm
<u>Where:</u>	Faculty of Education (Althouse College) 1137 Western Road, London ON N6G 1G7 Parking: Complimentary parking available in the Student lot behind the Faculty of Education, accessible from the north drive only. (<u>Lot H</u> on the parking map). https://www.uwo.ca/parking/find/pdf/Parking_September_2021.pdf
<u>Cost:</u>	FREE! Advance registration is required to save your spot. Please follow the steps below to register.
<u>Register & Learn More:</u>	Email or call Tiffany Trudgeon at: tvalent2@uwo.ca ; 519-661-4257 or visit: www.mjw-cydc.uwo.ca to register