



# Family Well-being

COMMUNITY WORKSHOP SERIES



## Supporting Our Children through Social Anxieties and Back to School Worries

**Date and Time:** Thursday August 24th, 2023 from 12:00-1:00pm (virtual)

**Community Partner Host:** Western University's Mary J. Wright Child and Youth Development Clinic & M.I. Understanding

**Intended Audience:** Parents and Caregivers

**Register for Free:** <https://bit.ly/fwbcws18>

Supporting our children who struggle with social anxieties can be challenging. How can we support them with things like public speaking, making friends and/or worries about going back to school? These questions and many more will be addressed with the help of Dr. Colin King from the Mary J. Wright Child and Youth Development Clinic and Paula Jesty, creator of the online resource M.I. Understanding. Join us for this important discussion and learn what you can do to support your child through these challenges.



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