

# Parenting Anxious Children and Youth



## What is it?

This presentation provides a brief overview of anxiety, including the different types of anxiety, the origins of anxiety and it describes some of the possible ways anxiety can be expressed behaviourally, emotionally, physically and cognitively. There will be discussion on both helpful and unhelpful ways to support children and youth who struggle with anxiety through classroom management, coaching and parenting tips and speaking to your physician about pharmaceuticals.

## Where and When is it?

Whispering Ridge School  
10320-149 Avenue  
Grande Prairie

6:30pm – 9:00pm

September 27, 2018

November 15, 2018

February 7, 2019

May 9, 2019