



ARE YOU A PARENT/CAREGIVER OF A SENSITIVE CHILD?

Would you like to learn how to help your child cope with stress, worry and anxiety?

Monday, February 27, 2017 at 6:00 p.m.

Come to a FREE workshop to learn about:

- What is stress and worry?
- The impact of stress, worry and anxiety on the brain
- Practice tips and strategies to help your child cope
- When to be concerned and where to get help

Balmy Beach Community School Library

To register, email Melissa Jacobs at lissajacobs@yahoo.ca

If you require childcare, please let Melissa know in your email.