

PERSPECTIVES IN *Parenting* SERIES



Part 1:

 Tuesday, October 22, 2024

 7:00 - 8:00 PM

 ZOOM

Part 2:

 Tuesday, November 5, 2024

 7:00 - 8:00 PM

 ZOOM

Part 3:

 Tuesday, November 19, 2024

 7:00 - 8:00 PM

 ZOOM

How Can Parents Support Anxious Kids and Help Them Thrive?

This 3-part webinar series will introduce parents to actionable strategies to help their children cope and build confidence. Drawing from evidence-based approaches, this series will provide parents with empowering insights into how anxiety develops and is maintained and what they can do to help. Parents will be guided on how to respond and make changes in everyday interactions that will reduce anxiety and help kids develop more confidence in their ability to work through difficult and uncomfortable emotions. These sessions will be presented by two experts from the Centre of Excellence for Mental Health (CEMH): Janna Gillis, M.A., Behavioural Consultant at LBPSB and CEMH, and Zmira King, Ph.D., OPQ, Psychologist at LBPSB and CEMH.

Objectives: Learn how your child's normal worry can develop into debilitating anxiety and affect the whole family. Gain insight into how our common responses and actions to our child's fears have a significant impact on how kids cope. Guide and provide concrete suggestions on how parents can respond to their anxious children in supportive ways by changing what they say & do when kids are experiencing stress.

Presented in
partnership
with



Workshops are designed for parents of children and adolescents.

REGISTER NOW! 

<https://parents.learnquebec.ca/family-resources/>