

STOMACH ACHES

EXCESSIVE SHYNESS

REFUSALS

FREAK OUTS

UNREASONABLE

CLINGY

SLEEPLESS

WORRIED

OBSESSIVE

TRANTRUMS

STUBBORN

AVOIDS SOCIAL SITUATIONS

HEADACHES

PARENTS OF ANXIOUS KIDS

In today's world children are under more stress than ever before!

This monthly group offers support, strategies, information and resources for parents/caregivers of children & youth who may be showing signs of anxiety.

Location:

**Family & Community Support Services
(FCSS)**

**209— 2 Ave. W
(Stable meeting Room)**

Winter 2015 Dates:

Thursdays

**Jan 8, Feb 12, Mar 12, Apr 16, May 7, Jun 4
7pm– 8:30pm**

Free!

**Registration
required**

Call 403-851-2250

