



Parenting Anxious Kids

WHAT IS IT?

It's an educational group for parents who have anxious children. Topics covered include: what anxiety looks like in children, where it comes from, themes and concepts in effective parenting, and practical tips for decreasing your child's anxiety.

The group is a combination of education and brainstorming discussion with other parents.

WHERE IS IT?

The groups are held at the Chilliwack Child and Youth Mental Health office, on the second floor of 8978 School Street (Ministry of Children and Family Development offices).

WHEN IS IT?

The group runs for 4 weeks, consisting of weekly 2 hour evening sessions on Tuesdays from 7-9pm, starting Tuesday November 25th through Tuesday December 16th.

WHO IS FACILITATING IT?

Brandi Carlow (CYC Practitioner) and Jim Kottos (CYMH intern)

HOW DO I SIGN UP?

Please email Brandi Carlow at bcarrow@telus.net for additional information and to register. Please include your name and phone number.

If the current group is full we would be happy to place your name on our running waitlist for upcoming groups.