



## **Supporting Youth With Anxiety: A Workshop For Parents & Caregivers**

**Wednesday December 6, 2017  
6:00 - 8:00pm**

Give yourself a gift of compassion this month. Learn some tips about how to better connect with your teen or pre-teen who may struggle with anxiety. Hear from other caregivers and explore your own relationship with worry when it shows up in your family.

This free two hour workshop for parents and caregivers of teens and pre-teens in School District 63 is co-facilitated by Youth and Family Counsellors at Beacon Community Services. Snacks will be provided. The workshop will be located at:

**Independent Learning Centre Saanichton  
1649 Mount Newton X Road**

To pre-register, please call Kristine Bowden 250-216-2450 or Tait MacFarlane 250-415-2798.