

## Parents of Anxious Kids – Tuesday, December 5

We know **anxiety is on the rise** in our culture. What can we do as individuals, parents and community to change this trend?

Join us on **Tuesday, December 5** at the Town of Canmore, Civic Centre from 7:00 – 8:45pm in the classroom for a **‘Community Conversation’** and discuss what is contributing to the rise of anxiety and what we can do to **change this trend**.

Melissa Katona of Alberta Health Services, Sonja Howatt, a teacher at Lawrence Grassi Middle School and Colin Harris from Town of Banff Recreation and Executive Director of ‘Take Me Outside’ will be joining the conversation and sharing their perspectives on what we can do differently.

**Please RSVP** by calling 403.609.3743

Town of Canmore  
Family and Community Support Services

**HEADACHES**  
**REFUSALS**  
**STOMACH ACHES**  
**SLEEPLESS**  
**EXCESSIVE SHYNESS**  
**CLINGY**  
**UNREASONABLE**  
**TANTRUMS**  
**STUBBORN**  
AVOIDS SOCIAL SITUATIONS

### Parents of Anxious Kids

In today's world children and youth are under more stress than ever before! Every one of us has experienced anxiety at one time or another. It is just human. It becomes a problem when anxiety affects (disrupts) one's daily life routines.

Anxiety in children and youth is often misunderstood and can be difficult to manage. It can show up in many different forms, at any given time, seemingly out of nowhere.

If you are the parent or caregiver of an anxious child/youth or have concerns about your child's worries, you are invited to attend this monthly support group. Through facilitated discussion, guest speakers and networking with others, parents will gain information, strategies and support.



Instructor: Jane Kuzik

FEE: No charge, but registration is required

DATE: **October 24, November 14  
December 5**  
3 classes | Tuesdays | 7:00 - 8:45 p.m.

LOCATION: Canmore Civic Centre | Classroom

REGISTER: Please call 403.609.3743

[www.canmore.ca](http://www.canmore.ca) COMMUNITY SOCIAL DEVELOPMENT