



# Be Well Together



## PARENT SEMINAR: ANXIETY

### WHEN

February 1, 2017  
6:00-7:30pm

### WHERE

Education Centre  
522 2nd Street East, Fort Frances

### WHO

Parents, Caregivers, Family Members, Interested Community Members

### WHY

- Understand child and youth anxiety
- Learn strategies to help children and youth manage anxiety
- Connect with other parents
- Discover available supports and resources



### PRESENTER

Sarah Irwin-Gardner, M.Ed. Counselling Psychology, (OCT, CCC)  
Rainy River District School Board Mental Health Leader

### NOT SURE IF THIS SESSION IS FOR YOU?

Did we mention there will be coffee, snacks, and door prizes? For more information, please contact Sarah Irwin-Gardner at 807-275-4992.

**\*To help with headcount, please RSVP to the office of your child's school.  
RSVP is not required to attend the session.**