

Julia Ryan Psychology

EMPOWERING YOUR MENTAL HEALTH

PARENTING THROUGH THE FEAR

SUPPORTING KIDS AND TEENS WITH ANXIETY

In this 2 hour workshop led by Samantha Davidson (RP) and Shanel Quenneville (RP Qualifying), parents will learn about the types and causes of anxiety, the important role of parent responses, and practical tools to build communication and promote self-soothing and resilience.

WHO

PARENTS OF CHILDREN AND
YOUTH AGES 7-17

WHEN

SATURDAY, APRIL 6TH
10AM-12PM

WHERE

111 SHERWOOD DRIVE,
OTTAWA

COST

\$150 BY E-TRANSFER OR
CREDIT CARD

SIGN UP

SPOTS ARE LIMITED
ADMIN@DRJULIARYAN.CA

