

Mental Health & Addiction Services
5 Chipman Drive
Kentville, NS B4N 3V7
T: 1-855-273-7110
F: (902) 679-1766 (MH Child)
F: (902) 678-4917 (MH Adult)
F: (902) 678-0085 (Addictions)



Mental Health & Addiction Services
Soldiers Memorial Hospital
PO Box 730 462 Main Street
Middleton, NS B0S 1P0
T: 1-855-273-7110
F: (902) 825-5181 (Mental Health)
F: (902) 825-5185 (Addictions)

Child and Youth Mental Health Program

Helping Anxious Children Course Spring 2019

Thursday morning, 9:30 – 11:30 am
April 4 – May 16

Boardroom, 5 Chipman Drive, Kentville

***Signs will be posted from the Client Services entrance for assistance**

A 7 week course for parents/caregivers of children with anxiety.

Topics include

- What is anxiety?
- Encouraging courage
- Relaxation
- The importance of thoughts
- Facing fears
- Rewarding efforts and success

Parents/Caregivers will be provided with education, mutual support, and assistance. Caregivers will be provided with handouts of material covered for use throughout the course and for reference once the course is finished.

For whom

- Parents of children diagnosed with an anxiety disorder or a child who struggles to manage anxiety
- Parents who struggle with their own anxiety that may or may not be getting in the way of helping a child with anxiety
- Parents or caregivers looking for education, support and assistance

Please let us know if you would like to attend but transportation is an issue.

There is **no fee** to participate and registration is not required.
For more information, call 1-855-273-7110