

# Parenting your anxious child.

- How can I help my child manage their anxiety?
- Is this normal behaviour?
- What can I do to reduce the factors that add to my child's anxiety?

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Under the expert direction of **Betsy Mann** at Family Services à la famille Ottawa, this three-week course offers an informative and interactive exploration of the challenges and opportunities facing parents of anxious children.

This course is open to parents of children all ages. Come and meet with other parents to discover new strategies for making parenting more effective, less stressful and more rewarding – for everyone.

Topics include: understanding anxiety, child-friendly strategies to reduce anxiety, coping strategies for parents, where to go for more resources.

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**When:** Tuesdays – May 22, May 29 and June 5, 2018  
6:30 p.m. to 8:30 p.m.

**Where:** Family Services Ottawa, 312 Parkdale Avenue

**Cost:** \$90.00 per person

For information and registration, please contact us at 613-725-3601 extension 117 or visit us at [www.familyservicesottawa.org](http://www.familyservicesottawa.org) to register online

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