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# Free parent workshop

## for parents of children 6 to 12 years

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### Helping your child cope with worries

Introductory workshop for parents  
of children with mild to moderate anxiety

**Tuesday, Feb. 13, 2018**  
**6 to 8 p.m.**

**114 Maitland Street, Toronto**  
**SickKids Centre for Community Mental Health**

Children with anxiety may experience various challenges  
at home, school, and in the community.

Learn about signs of anxiety in children and effective  
strategies to help your child to cope.  
A variety of resources will be provided.

Presented by  
Barbara Pierre, BSW, DTATI, RCAT, RSW  
Lisa Schwartz, MSW, RSW  
Stefania Baccarella, MSW Intern

Registration is required and  
child care supervision is available

To reserve your spot, email with details to

[familiesfirst@sickkidscmh.ca](mailto:familiesfirst@sickkidscmh.ca)

or call 416-924-1164 ext. 2167