



Taming Worry Dragons

No Charge

A group for children, ages 8-12 yrs of age, and their parents, who are affected by worry and anxiety.

Therapy Group for Anxious Children and their Parents

Using child friendly language and fun activities, participants learn to recognize how anxiety affects their body, thoughts and behaviours.

Parents are required to participate - they attend their own sessions, so they are able to understand anxiety and support their child outside of the group.

TUESDAYS
October 11th - December 13th
6:30 - 7:30 pm
Milk River, Warner and Coutts
Warner Town Office ~ 210 3rd Ave



To register or for more information contact:
(587) 370-3728

counsellingservices@fcss.ca

