



Anxiety Information Session:

Date: September 20th 2018

Time: 6:30pm – 8:00pm

Location: Sherwood Park Education Center (Cafeteria)

This session is for anyone wanting further education on the following:

- What is normal anxiety?**
- What does an anxiety disorder look like?**
- What are healthy coping strategies for anxiety?**
 - When to reach out for help/support**
 - Where to seek help/support**
 - How to support your child with anxiety**

- Light Refreshments Provided -

Presenters:

Tonya Sifnakis MSW, RSW

SchoolsPlus Mental Health Clinician

Lindsay Latham MSW, RSW

SchoolsPlus Facilitator