



BUILDING BLOCKS FOR BETTER LIVES

Westcoast
Family Centres



Kids Have Stress Too!®

FREE FOR: Parents who have a child between the ages of 2-8 years who is exhibiting signs and symptoms of stress and/or anxiety, such as in concentration, getting along with others, health issues, fearfulness, or showing repetitive worrying behaviours.



In a concentrated **three hour workshop**, each parent will leave with a specific skill set and strategies to better assist their child with coping strategies related to feelings and behaviours.

****Child care will be available to a limited amount of children on site. Please register in advance**



VANCOUVER

Suite 104/2780 East Broadway
Vancouver, BC, V5M 1Y8

Saturday, **January 28th 9:30 - 12:30**

To register: email Jan at j.waldbillig@westcoastfamily.org or call **604-254-5457** ext. 241



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