

What Anxiety Wants

Family Edition

Worry and stress are part of our everyday lives; however, at times these feelings can become overwhelming. Using strategies to cope with increasing anxieties in our children can make a tremendous difference in their well-being. *What Anxiety Wants: Family Edition* is an information evening for caregivers looking for more tools to deal with anxious behaviours in the children they care for.

This presentation is based on the work of Lynn Lyons, coauthor of *Anxious Kids*, *Anxious Parents: Ways to Stop the Worry Cycle* and *Raise Courageous and Independent Children*. We will explore the two biggest mistakes we make in regards to how we respond to anxious kids, which inadvertently reinforce fear. Practical strategies will also be offered throughout the presentation.

There is no cost to attend this event. Registration is required by April 17, 2018. Please register in advance, as spots are limited. The registration link can be found on the home page of all RETSD school websites. This session is intended for adult caregivers. Child care will not be provided.

For questions or more information, please contact our divisional Mental Health Team at mentalhealth@retsd.mb.ca.

Date & Location

April 24, 2018
7–8:30 p.m.
Bernie Wolfe Community School
95 Bournais Dr.

Presenters

Gail Bryant—Certified School Clinician (Social Worker)

Lindsay Lawrence—Positive Behavioural Interventions and Supports Teacher

