

# Parenting Anxious Children and Youth



## What is it?

This presentation provides a brief overview of anxiety, including the different types of anxiety, the origins of anxiety and it describes some of the possible ways anxiety can be expressed behaviorally, emotionally, physically and cognitively. There will be discussion on both helpful and unhelpful ways to support children and youth who struggle with anxiety through classroom management, coaching and parenting tips and speaking to your physician about pharmaceuticals.

## Where and When is it?

**Time: 6:00pm – 8:00pm**

**I.V Macklin Public School**  
8876 108 Avenue Grande  
Prairie, AB

**April 10<sup>th</sup>, 2024**

**May 22<sup>nd</sup>, 2024**

**Alexander Forbes School**  
7240 Poplar Drive Grande  
Prairie, AB

**January 31<sup>st</sup>, 2024**

**May 1<sup>st</sup>, 2024**