

Parenting Workshop

Understanding The Development of Childhood Anxiety & Depression

Wednesday, November 8th 7 pm - 8:30 pm

A childhood can be a rollercoaster of emotions and behaviours, but when do challenging behaviours cross the line into mental health issues? Fears and worries are typical in children. However, persistent, or extreme forms of fear and sadness could be due to anxiety or depression.

Join us to learn more about:

- childhood mental health and
- ways to support healthy social, emotional, and behavioural well-being of children.

**Online
Workshop**



Scan or Click
to Register

FREE



Registration required to participate in this online workshop!

[Register now - November 8th](http://www.tinyurl.com/parentingworkshops)
www.tinyurl.com/parentingworkshops

In partnership with:



GOT QUESTIONS?

REACH US AT:

1-877-345-9777 (Toll-Free)
office@parentsupportbc.ca
parentsupportbc.ca

We acknowledge the financial support of: **The Province of British Columbia &**

Funded by the
Government of Canada's
New Horizons for Seniors Program




VICTORIA
FOUNDATION