

PARENTING YOUR ANXIOUS YOUTH



MEET FOR 1.5 HOURS WEEKLY WITH PARENTS/CAREGIVERS WHO ARE ON THE SAME JOURNEY

Who:

Parents/Caregivers of youth aged 12-16

5 Group Sessions:

Thursdays 4:30 - 6:00 p.m.
February 7 - March 7

Where:

The Bridge Youth & Family Services
8-2604 Enterprise Way, Kelowna

Admission:

No Cost

To register email Ligia.Cota@thebridgeservices.ca
or call 250-763-0456 ext. 2204

We will talk about:

- ✓ What anxiety is and how it works.
- ✓ How to better understand your youth's experience.
- ✓ Skills to help your youth cope.
- ✓ Skills to communicate with your anxious youth.
- ✓ Skills to manage situations in which your youth's anxiety impacts daily life.