Child and Youth Mental Health Presents:

Understanding your Child’s Anxiety

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|  | Join us for an online information session tHURSday, February 2nd, 2023; 12:00-1:00 PM(UNTIL 1:30 pm, FOR QUESTIONS) |
|  | *Learn information about childhood and adolescent anxiety*  |  | *Learn strategies to help your son or daughter cope in stressful situations*  |  |  |
|  | To register please email rosalinda.bose@gov.bc.ca |