



PARENTING WORKSHOP

HELPING YOUR CHILD COPE WITH STRESS & ANXIETY

A presentation for parents / caregivers of children of all ages

You will learn:

- The signs of anxiety in childhood
- The difference between typical and atypical anxiety
- The role that you can play in helping your child manage stress & anxiety
- Coping strategies for stress & anxiety

DR. GABRIELA IONITA (R.PSYCH) & KARA MULLIGAN (R.C.C.)

JAN 19, 2020 | 5:30 - 7:00

VIA ZOOM

\$45 PER TICKET

BUY TICKETS ON [EVENTBRITE](#) OR
WWW.NOVAMENTALHEALTH.CA

NOVA
MENTAL HEALTH