



# FRIENDS - FOR LIFE -

## Parent/Child Anxiety Group

Designed to assist children ages 8-11, and their families, learn important life skills and techniques to help successfully cope with stress and anxiety

### Upcoming Group:

**May 2018- Brockville Office**

Parent Info Tuesday May 8<sup>th</sup> 3:30pm Brockville Boardroom

Followed by 6 **parent/child** sessions (times TBA)

Tuesdays May 15, 22, 29

Tuesdays June 5, 12

**\*\***Monday June 18<sup>th</sup> (last session)

**Group is held consecutively for 6 weeks for approximately 1.5 hours**

**For additional information please contact**

**Children's Mental Health of Leeds and Grenville**

**Tel: 613.498.4844 or 1.800.809.2494**

**779 Chelsea Street, Suite BU, Brockville, ON K6V 6J8**

