

CHILDHOOD STRESS & ANXIETY BUILDING RESILIENCE

EMPOWERING STRATEGIES

EFFECTIVE SUPPORTS



Presentation and Discussion By:

Julie-Anne Richards, M.A., R.C.C., C.C.C.

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Wednesday, January 31

6:00-8:00 pm

SPENCER MIDDLE SCHOOL

1026 Goldstream Ave Langford
for **All Elementary School**
Parents, Caregivers & Staff
All Community Welcome

**Tailored for Parents,
Caregivers & Educators
supporting children
ages 5 - 11 experiencing
stress & anxiety**

**PRESENTATION
INCLUDING Q & A**

Free Event!

REGISTRATION REQUIRED (Click to Register)

<https://www.eventbrite.com/e/presentation-on-childhood-anxiety-tickets-41260628651>

Hosted by Sooke School District #62 PAC

All Adults Welcome

Limited Childminding available, registration required

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