

YOUR ANXIOUS CHILD & ANXIETY? ME?

**Carizon Offers a Group for Parents/Caregivers
& Children Struggling with Anxiety!**



WHAT?

An 8-week group to increase our understanding of anxiety, normalize anxious experiences, learn strategies and tools to help us cope while being introduced to Yoga, Meditation and Emotional Freedom Technique

WHY?

To help us cope with the uncomfortable feelings of anxiety and communicate effectively within our families

WHO?

Parents/caregivers/guardians and their children ages 8 to 11 years

Child Minding is available for younger children

WHERE?

Carizon Family and Community Services
Community Room

645 Westmount Rd. E.

Kitchener, ON

WHEN?

Wednesdays: Oct. 2 - Nov. 20th

5:30 to 6:30 p.m.

Both groups run at the same time!

For more information or to register, please contact Jamie Keyzer at
519-339-0571 or CRPGroups@carizon.ca

CARIZON

Inspiring Hope + Wellness in Our Community

