

YOUR ANXIOUS CHILD & ANXIETY? ME?

Carizon Offers a Group for Parents/Caregivers & Children!



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 6 to 11 years

WHERE?

Kingsdale Community Centre
72 Wilson Avenue, Kitchener

WHEN?

Tuesdays: April 23rd — June 11th
from **5:30 to 6:30 p.m.**
Groups will run at the same time!



For more information or to register, please contact **Jamie Keyzer** at jkeyzer@carizon.ca or 226-339-0571. **Registration closes April 17th.**

CARIZON

Inspiring Hope + Wellness in Our Community