

## Community Health Teams



## **“My Child is Anxious. Should I Worry?” 2 Week Program**

The IWK Health Centre, as part of the Chebucto Community Health Team, is offering a **FREE** 2-week program for parents of 0 to 12 year olds.

The program will focus on **Learning how to identify early signs of anxious feelings in your children and skills to help them manage everyday anxiety.**

### **Dates/Times:**

Mondays, May 16<sup>th</sup> and 23<sup>rd</sup>, 6:00-8:00pm

### **Location:**

Ridgecliff Middle School, 35 Beech Tree Run

**To register please call: 902-460-4560**  
**[www.communityhealthteams.ca](http://www.communityhealthteams.ca)**

