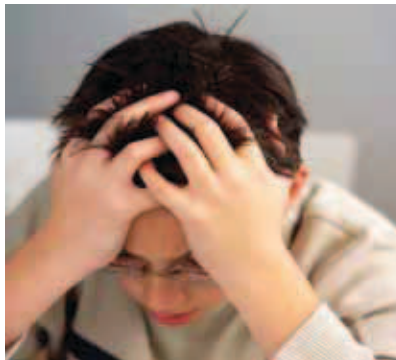


Parenting Your Anxious Child

Groups to help parents manage the problems of childhood anxieties.

This group will

help parents and caregivers manage the problems associated with childhood anxieties, which can seriously affect the emotional, social and cognitive development of children. You will learn how to recognize symptoms of anxiety; understand why your child becomes anxious; and develop some concrete strategies to assist them to cope with anxiety at home, school and within their peer relationships. Group size is kept small to maximize your learning and provide a comfortable environment for discussion.



Groups run for four weeks:

Week 1: Recognizing Childhood Anxiety and Understanding Why It Happens.

Week 2: Anxiety in Peer Relationships and at School.

Week 3: Anxiety: What to do When It Occurs at Home With Family Members.

Week 4: Moving Beyond Fear Towards Hope.

This group is designed to help parents of children aged 7 to 13. Please ask the Group Facilitator, Pam Fanjoy, about our teenage group programs that we are also running.

For further details, or to register, please call Pam Fanjoy, the Group Facilitator, at: (647) 348-1866

Dates:

Call for upcoming start dates.

Groups are generally offered on Tuesday or Thursday mornings 9:30am to 11:30am

WITH SPACE EXTREMELY LIMITED,
CALL NOW TO RESERVE
YOUR SPOT!

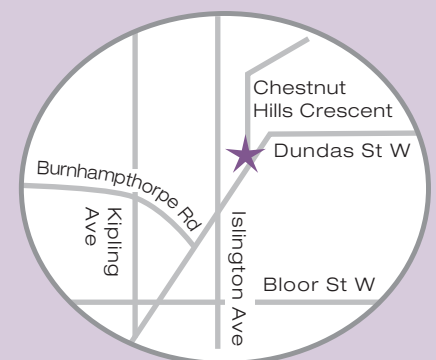
Cost:

\$275.00 per person + HST

Full payment is due one week prior to the date of the workshop and is non-refundable. Credit for future workshops will be given if you cancel after that time.

Location:

1 Chestnut Hills Crescent
Toronto, ON



Together, Pam and Sheila offer a broad range of individual, family and group services.

For more information, please visit our website at www.facilitatingchange.ca



SHEILA I. BROWN
SOCIAL WORK PROFESSIONAL CORPORATION

SHEILA BROWN, MSW, RSW, Acc. FM (OAFM) is a Registered social worker and experienced Accredited Mediator whose practice specializes in helping parents to create and implement parenting plans and improve their communication. Sheila also provides post separation counselling and works with individuals and couples who are experiencing problems in their relationships.



PAM FANJOY is a registered Social Worker who specializes in working with children and teens experiencing depression, anxiety, ADD/ADD-H, behavior problems, peer or school concerns. Pam is an experienced Child Specialist and Neutral Family Professional in Collaborative Practice who works with parents and children going through separation or divorce. Pam is committed to keeping the needs of children at the forefront of developing parenting plans, teaching parents to parent across two homes and helping children cope with life after divorce.

Pamela Fanjoy
SOCIAL WORK
PROFESSIONAL CORPORATION