

# HELPING YOUR CHILD OVERCOME ANXIETY

Presented by  
Dr. Carlton Duff, R. Psych.

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Monday, February 19<sup>th</sup> 7:00PM – 8:30PM  
Burnside Gorge Community Centre  
471 Cecelia Road, Victoria

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**Anxiety is a normal part of childhood.** For some kids, however, anxiety can really get in the way of doing well at school, making friends, or in other areas of life. But it doesn't have to be that way! In this presentation, Dr. Duff will discuss the signs of problem anxiety in childhood and when to be concerned. He will offer tips and tricks on helping young people overcome anxiety, including a summary of the most up-to-date science behind Cognitive Behavioural Therapy and other anxiety-conquering tools. Handouts and worksheets will be provided, and questions and audience participation will be encouraged!