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Families Worrying Less Together

*A Program for Primary Caregivers of Kids whose
Worries Get the Best of Them*

Information Session

October 10, 2017

6:30pm-7:30pm

Hamilton-Wentworth District School Board, Education Centre

20 Education Court, Room 180 C

Hamilton, ON L8N 3L1

Families Worrying
Less Together is an
evidenced-informed
program based on
Cognitive
Behavioural Therapy



**RSVP by
October 5, 2017**
Email: FWLT@hwdsb.on.ca
Call: 905 527 5092 x 3555

If you are a primary caregiver of a student in Grade 3 – 6 who is excessively shy, or has intense worries and fears, come learn about the “Families Worrying Less Together” program. This program will give you practical strategies to help your child learn to cope differently.

**THIS IS A PROGRAM FOR PRIMARY CAREGIVERS.
CHILDREN DO NOT ATTEND.**



*This program is offered by the
Hamilton-Wentworth District School Board
Social Work Department.*