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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](mailto: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.*