



2025 Webinar for Parents & Caregivers
Presented by HWDSB Social Work Services

**The Parent & Caregiver's Toolkit: Managing Anxiety and Low Mood in
Children & Youth**

Thursday November 27th from 6:00 – 7:30 p.m.

Register at: <https://events.teams.microsoft.com/event/aa6fe8d4-c010-4e0e-8e52-4b55f99e3611@7afeaf6a-b1be-4c83-a974-c43a8b215634>

It is recommended that parents & caregivers participate in this webinar prior to accessing the 6-week Families Worrying Less Together group offered by HWDSB Social Work Services. This webinar will provide parents & primary caregivers with an overview of anxiety and low mood in children & youth. Participants will learn practical strategies and tools to support their child in managing anxiety and low mood. Participants will also be introduced to additional child & youth mental health resources

