

# Families Worrying Less Together

*A Program for Parents/Primary Caregivers of Kids  
Whose Worries Get the Best of Them*

## Information Night

Tuesday, January 21, 2020

6:30 pm-7:30pm

Education Centre

20 Education Court

Hamilton, Ontario

FWLT is an  
evidence-informed  
program based on  
Cognitive  
Behavioural Therapy



RSVP by:

January 14, 2020

Call: 905 527 5092 ext. 3555

Email: FWLT@hwdsb.on.ca

If you are a parent/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 PARENTS AND PRIMARY CAREGIVERS.  
CHILDREN DO NOT ATTEND.**



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