



**HWDSB**

# Families Worrying Less Together

*A program for Parents/Primary Caregivers  
of kids whose worries get the best of them*

If you are a parent/primary caregiver of a student in Grade JK- 2 or Grade 3-8 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. *Please note: This program is for parents and primary caregivers, children do not attend.*

Please join us via MS Teams on January 17, 2023 from either 12-1pm or 6-7pm to learn more about the Families Worrying Less Together program.

To register:

January 17 12-1 pm - [hwdsb.info/FWLT-Jan17afternoon](https://hwdsb.info/FWLT-Jan17afternoon)

January 17 6-7 pm - [hwdsb.info/FWLT-Jan17evening](https://hwdsb.info/FWLT-Jan17evening)



\* Families Worrying Less Together is an evidence-informed program based on Cognitive Behaviour Therapy

**curiosity** • **creativity** • **possibility**