



**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 6-week 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 Microsoft Teams on October 18, 2023 from either 12-1 pm or 6-7pm to learn more about the Families Worrying Less Together program.

To register:

October 18, 2023 12-1pm - [hwdsb.info/fwlt-oct-12pm](https://hwdsb.info/fwlt-oct-12pm)

October 18, 2023 6-7pm - [hwdsb.info/fwlt-oct-6pm](https://hwdsb.info/fwlt-oct-6pm)



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

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