



## *Families Worrying Less Together*

This **6-week group** is for parents/primary caregivers of students in grades JK to grade 8 who are excessively shy or who have intense worries and fears. This group is co-facilitated by HWDSB school social workers and will teach you practical strategies to help your child learn to cope differently. (It is recommended that you attend either the Emotion Coaching Webinar or the Caregivers' Toolkit Webinar before registration).

**Dates:**

6 consecutive Tuesdays, February 11<sup>th</sup> to March 25<sup>th</sup> (excluding March Break)

**Time:**

6:00pm to 8:00pm virtually on MS Teams

**Registration Deadline:**

Tuesday February 4<sup>th</sup>, 2025

**Registration link:**

<https://events.teams.microsoft.com/event/1ae9a4e7-993c-4380-8930-d8efbc7376f3@7afeaf6a-b1be-4c83-a974-c43a8b215634>