



**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 MS Teams on **Wednesday January 17, 2024** from either 12-1pm or 6-7pm to learn more about the Families Worrying Less Together program.

To register:

Wednesday January 17, 2024 **12-1pm** [hwdsb.info/fwlt-jan-12pm](https://hwdsb.info/fwlt-jan-12pm)

Wednesday January 17, 2024 **6-7pm** [hwdsb.info/fwlt-jan-6pm](https://hwdsb.info/fwlt-jan-6pm)



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

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