



**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.*

The 6-week program will run virtually on Wednesdays from November 8 to December 13. Afternoon sessions take place from 12 to 2 p.m. and evening sessions take place from 6 to 8 p.m.

Register at the links below to join us via Microsoft Teams on November 1, 2023 at either 12 p.m. or 6 p.m. to learn more about Families Worrying Less Together.

**November 1 from 12 to 1 p.m. - [hwdsb.info/fwlt-nov-12pm](https://hwdsb.info/fwlt-nov-12pm)**

**November 1 from 6 to 7 p.m. - [hwdsb.info/fwlt-nov-6pm](https://hwdsb.info/fwlt-nov-6pm)**



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