

We Help.

## 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. Families Worrying Less Together is an evidence-informed program based on Cognitive Behaviour Therapy. *Please note: This program is for parents and primary caregivers, children do not attend.*

Please join us via MS Teams on **April 16, 2024** from either **12-1pm** or **6-7pm** to learn more about the Families Worrying Less Together program.

To register:

April 16, 2024 12-1pm - [hwdsb.info/fwlt-april-afternoon](https://hwdsb.info/fwlt-april-afternoon)

April 16, 2024 6-7pm - [hwdsb.info/fwlt-april-evening](https://hwdsb.info/fwlt-april-evening)



**HWDSB**  
**BE YOU. BE EXCELLENT.**