

**We Help.**

Hamilton-Wentworth District School Board  
Psychological Services presents:

# Helping your anxious child

Join us to learn about childhood anxiety and how to help your child manage their anxious feelings. This session will focus on increasing your understanding of anxiety as well as strategies that will help at home and school.

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**Wednesday May 5, 2021**  
**6 -8 pm**

Join us by logging on to <https://bit.ly/2R85EVc>