

Anxiety & Youth

PARENT SESSION

NOV 6TH - 6:30 - 8 PM

**McKenzie Highlands
School CBE
25 McKenzie Towne Dr SE**

Register here:



<https://www.eventbrite.ca/e/1037330943777?aff=oddtcreator>

Anxiety is one of the most common mental health concerns affecting children and families across the lifespan. This session will explore what anxiety and stress are, how to recognize it, and how to support resilience.

