Humberside CI presents

Reduce Anxiety in Your Children

Tuesday April 19 2016
7:00 - 8:30 PM
280 Quebec Avenue, Lismer Hall

Anxiety and stress are more prevalent in our children than ever before. Does your child seem self-confident and resilient or full of self-doubt?

- Learn to assess your child’s inner state and help protect it
- Equip your child with tools to withstand anxiety and stress
- Lay the groundwork for their happiness and self-confidence all through life

Doone Estey, Parenting Expert, Speaker
Co-author, Raising Great Parents

“Your wonderful advice and guidance is SO incredibly helpful for us all. Hearing the other parents and their issues is very powerful too. It has helped me immensely...! [Doone] is superb facilitator.”