

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."***