



*"I'm totally  
freaking out!"*

Supporting children and  
teens with anxiety

Tuesday, Nov 7  
The Front Room  
7pm

In today's fast-paced, high stress, sensory overloaded world, many parents are noticing that their children are struggling with anxious thoughts and behaviours. Common examples include, sleep difficulties, worrying, stomach aches, fears, perfectionism, emotional outbursts, separation difficulties, and school avoidance.

But there is hope. Anxiety is one of the most treatable psychological concerns. Registered psychologist Dr. Keri Flesaker will offer information and tools to concerned community members looking to support children and adolescents who are struggling with anxiety.

Topics covered will include:

- Common signs of anxiety
- How to help
- When to seek professional assistance
- Resources and ideas for parents and children

This free presentation is sponsored by Nelson Covenant Church.

