

DELVIO WORKSHOP FOR PARENTS

UNDERSTANDING
THE DIFFERENCE
BETWEEN FEAR
AND ANXIETY

HOW TO RECOGNIZE
THE SIGNS AND
SYMPTOMS OF
ANXIETY

EVERYONE
WELCOME!

COPING
STRATEGIES
FOR CHILDREN



THURSDAY NOVEMBER 27TH @ 6:30PM
ST. CLEMENT CES
40 BAINBRIDGE AVENUE, WOODBRIDGE

The goal of this evening is to support parents in understanding how to respond to their children in helping them cope and manage their feelings of distress and to foster student success and well-being in themselves, school and family life.