

# Open Doors for Lanark Children and Youth Parent Seminar Series Presents

When Your Child is Anxious – What Parents Can  
Do to Help Worry Prone Kids Thrive.

In this workshop parents will learn:

- Where does worry come from?
- What makes worry grow or shrink?
- When is it time to take action?  
And How?
- Parent Intervention Strategies

....because Parents are the most valuable resource in helping kids  
respond effectively to anxiety).



Carleton Place: **Wednesday, March 24, 2010 6:00-8:00 PM**  
Lanark Community Programs  
Conference Room  
30 Bennett Street

For more information or to pre-register,  
call 613-257-8260, ext. 421