

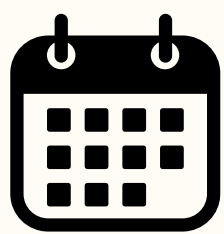


# Anxiety

what is it?  
when is it a problem?

## About

Join us for a Parent Information Session on childhood and teen anxiety. Learn what anxiety is, how it presents in young people, and where to find support if you or your child need it. Gain valuable insights and practical strategies to help navigate anxiety with confidence.



**WEDNESDAY**

MARCH 12, 2025



**GRIFFITHS  
SCOTT  
SCHOOL**



5:00PM – 6:30PM

## Registration

Please register here: [bit.ly/410tGmu](https://bit.ly/410tGmu)

Small refreshments will be provided.  
If childcare is a concern, please reach out to  
Alicia Cardinal at the school: (780) 387-4101

