



Helping Your Anxious Child

Virtual Parenting Group

Facilitated by Jennifer Phillips, MOT, O.T. Reg. (MB)
& Dr. Katie O'Connell, C. Psych.

Register for:

SPRING 2023

**May 29, June 5, &
June 12**

5:00pm to 6:30pm

SUMMER 2023

August 7, 14, & 21

5:00pm to 6:30pm

**To register, please email
jennifer.greywillow@outlook.com**

Does your child or teen experience anxiety?

Is anxiety getting in the way of what they need or want to do?

Are you looking for ways to help them manage?

This 3 session virtual parenting group covers:

- ◆ **Understanding anxiety in kids and teens**
- ◆ **Strategies to manage anxiety symptoms**
- ◆ **Parenting strategies to support your child**

- ◆ **Fee: \$250 per family (includes session materials & additional resource list)**
- ◆ **Registration fee is covered by most insurance plans**

Content of this program comes from evidence-based approaches to manage anxiety such as Cognitive Behavioural Therapy (CBT) and Mindfulness.

About the Facilitators: Jennifer Phillips is a licensed occupational therapist with over 24 years experience helping kids and families in pediatrics and mental health. Areas of expertise include anxiety disorders, ADHD, Tourette's, Autism Spectrum Disorder, trauma, and child development. Dr. Katie O'Connell is a registered clinical psychologist who works with children, teens, and adults. She has specialized training and experience working with youth with anxiety, OCD, and neurodivergence. She enjoys working closely with parents to support their youth, while also focusing on parents' well-being!