

Why do kids struggle?

Understanding Anxiety



**Does your child throw temper tantrums?
Do they struggle with transitions?
Do they get distracted easily?
Are they unable to control their emotions?**

This session will help you understand stress and anxiety in young children.
Come out and learn how self-regulation can help.

This is the second of four sessions that will build on another.
Participants can attend all sessions or any individual sessions.

Presented by Mike McKay, Director of the Canadian Self-Regulation Initiative

Thursday, October 19, 2017 6:30pm-8:30pm

**Abbotsford Arts Centre, Banquet Hall (Abby Arts Addition)
2329 Crescent Way, Abbotsford**

This event is free! Register at <https://parentevening2.eventbrite.ca>
For more information call 778-880-8554 or visit www.abbyearlyyears.com

Please note that we have a limited number of child minding spaces
available for this event. To register your child, call (778) 808-8554

Who should come?

Parents, teachers, early childhood
educators, childcare providers

Save the Dates for these upcoming sessions:

Thursday, December 7, 2017, 6:30pm-8:30pm
Thursday, January 18, 2018, 6:30pm-8:30pm