

**LEA PLACE WOMEN'S  
RESOURCE CENTRE**

**PARENTS/GUARDIANS OF  
CHILDREN WITH  
ANXIETY**

**Join Sarah Martin, BSCYS, MASP  
for a discussion on what anxiety is,  
how to identify anxiety,  
approaches and tools to help  
today's youth.**

**WEDNESDAY, OCTOBER 23RD, 6:30 PM**

**PLEASE CALL (902) 885-2668 TO REGISTER**

This is not intended as a treatment or intervention but an informal  
information sharing and discussion