

Parenting Your Anxious Child (PAC)

PAC is a 3 week, 2 hour workshop designed to assist parents of children who are struggling with symptoms of anxiety. The workshop offers parents psycho-education on Anxiety and specifically with information on How to Manage Body Symptoms, Challenging Unhelpful Thoughts and Exposure. The material introduced in this workshop will be most relatable to children ages 6-12. This group is for parents and caregivers only. No childcare provided. Participants must register by contacting 306-691-6464.

When: Tuesdays from January 30– February 13th

Where: Dr. F.H. Wigmore Hospital - 55 Diefenbaker Drive

This workshop will also be available via Telehealth in Assiniboia and Gravelbourg.

Time: 1:00 p.m.—3:00 p.m.



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