



# How to Help Your Child...

**Free parenting support series  
For ALL parents of ALL children**

## How to Help a Child with **Anxiety**

Learn how anxiety affects the brain and start developing skills to help your child cope in a healthy way.

Thursday Dec. 5, 2019

7:00 PM

4553 Park Ave., Terrace

Q&A session to follow

FREE.

## How to Help Your Child have a Healthy **Body Image**

Learn parenting skills and tools to promote self-esteem, positive body image, and healthy eating habits.

Thursday Jan. 9, 2020

7:00 PM

4553 Park Ave., Terrace

Q&A session to follow

FREE.

Drop in or save your spot! Contact Elena at 250-638-0228 for more information. limited Childcare Subsidy and Travel Subsidies available. Call us!



Terrace Women's  
Resource Centre Society

We acknowledge the financial support of the Province of British Columbia