

Brave as Can Be



Anxiety is a normal part of life, but when our child's worries get so big that they prevent them from enjoying activities, achieving their goals, or trying new things it's important to learn some tools to help them manage. The school counsellor at Sunrise Ridge Elementary is offering a parent info night to help parents understand what anxiety is, what strategies help and how best to support their child.

Where: Sunrise Ridge Elementary library

When: November 13th 7-8 pm

What: Tips, tools and resources

Who: Facilitated by Ashley Barker MA (Sunrise Ridge Elem. counsellor) and Nassim Ghani MA (Clayton Elem. counsellor)

More questions? Just email me at barker_a@surreyschools.ca or 604-576-3000

Hope to see you there!

Ashley Barker MA