

TAMING YOUR WORRY DRAGONS



Does your child struggle with worries?

We have a solution! We are getting together to learn how to tame those worry dragons so they can be a friend instead of the enemy. Using the proven Taming Your Worry Dragons program, the same one offered by BC Children's Hospital, we will teach you how to tame those dragons so that you don't have to worry all the time and can enjoy life!

This class will run for 9 weeks at our Ladner location, on Tuesday afternoons and evenings, starting October 9th and running until December 4th. Classes will run at these times on Tuesdays:

Grades 3-5 | 3:30-4:30pm

Grades 6-7 | 5:00-6:00pm

Location: Alongside You, Ladner Office: 203-4840 Delta Street, Delta, BC V4K 2T6

Please call us if you have questions about what our program is about.

Read more on our website: <https://www.alongsideyou.ca/taming-your-worry-dragons/>

Please call the office to register your child. Spaces fill quickly!

(604) 283-7827