



CARLETON PLACE
130 Lansdowne Ave., Unit 10
Carleton Place, ON K7C 2T7

PERTH
40 Sunset Blvd. Suite 123
Perth, ON K7H 2Y4

SMITHS FALLS
88 Cornelia Street West, Unit A1
Smiths Falls, ON K7A 5K9

Anxiety Group for Kids

Open Doors for Lanark Children and Youth will be offering an
Anxiety Group for Children

Children ages 7-9 will have the opportunity to talk and learn about anxiety virtually. Through Microsoft teams group leaders will create a safe and supportive environment to learn and practice strategies to decrease their anxiety and stress. Participants will then be able to use these strategies at home, at school, and in the community when they are starting to feel anxious.

WHO: Children aged 7-9 years

WHERE: Virtually via Microsoft TEAMS

WHEN: This is a 4 week group – October 27, November 3, 10 and 17, 2020

TIME: 4:30pm to 5:30pm

Registration is limited to 8 participants. Please register via email at admin@opendoors.on.ca no later than Friday October 16th.

A parent information night will be held virtually on Tuesday October 20th from 6:30 – 8pm. Open to all parents regardless of participation in group. See our website for more details – www.opendoors.on.ca.

Children under 12 require legal consent of parent/guardian(s). Proof of guardianship or of primary care and custody arrangements must be presented prior to participating. Please call Open Doors if you have additional questions.