



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

Parent Info Night

Parenting Your Anxious Child

Open Doors will be offering a parent information night on *Parenting Your Anxious Child* virtually on Tuesday May 25th.

This 1.5 hour parent information night is an interactive discussion about what anxiety is, how it demonstrates itself and ways to help your children, teens (and you!) develop coping and managing skills.

Sessions will be presented by age group – 7 to 9 year olds, 10 to 13 year olds and 14 to 17 year olds.

Date: Tuesday May 25th, 2021

Time: 4:30pm to 6:00pm – parents of preteens ages 10-13
6:00pm to 7:30pm – parents of children ages 7-9
6:00pm to 7:30pm – parents of teens ages 14-17

Location: Virtually via Microsoft Teams

Please register via email at admin@opendoors.on.ca no later than Friday May 21st.

Anxiety groups for children and youth will be held virtually beginning on Tuesday June 1st. Registration is limited.
Please visit our website for more details – www.opendoors.on.ca.

www.opendoors.on.ca