

APRIL ANXIETY SERIES @ *Leduc Public Library*

April 4, 2024 10AM-11AM

Separation Anxiety Coping Strategies *Ages 3-5 (with caregivers)*

In this free workshop, parents/caregivers will learn strategies to help ease their child's anxiety encountered during separation from caregivers. Participants will learn how to help normalize their child's experience of anxiety when separating from caregivers and provide their child with strategies to help them in moments of distress typically encountered during separation from caregivers.

Book: The Invisible String by Patrice Karst

April 11, 2024 4PM-5PM

Anxiety and Coping Strategies *Ages 6-9 (without caregivers)*

In this free workshop, children will learn about the body's "alarm system" and its functional role in their lives. Participants will learn what anxiety is and leave with practical strategies to help ease their anxiety.

Book: Please Explain Anxiety to Me by Laurie Zelinger and Jordan Zelinger

April 18, 2024 4PM-5PM

What To Do When You Worry Too Much *Ages 10-14 (without caregivers)*

Workshop attendees will learn four superpowers to help them deal with their worries and feelings of anxiety. Participants will learn what anxiety is and leave with practical tools ("4 Superpowers") that they can use to help them feel less anxious.

Book: What to Do When You Worry Too Much by Dawn Huebner

April 25, 2024 6PM-7PM (online); 7PM-8PM (in person)

Stress and Anxiety in Teen Girls *For caregivers*

Workshop attendees will discuss the many pitfalls adolescent girls face today and leave with practical strategies to help their daughters move past challenges while reinforcing confidence and minimizing stress.

Book: Under Pressure by Lisa Damour



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