

# Helping your Child Explore their World: Tools for Preventing and Navigating Childhood Anxiety

Presented by CAPC (Children And Parents Connecting)

**TUESDAY, APRIL 24<sup>TH</sup> 6:30-8:30PM**

Join other parents and service providers as we hear from  
child mental health expert

**Margaret Leslie, Dip.C.S., C.Psych.Assoc.**

**During this event, you will learn:**

- Signs that your child might need support
- Tools to notice and understand what's going on for your child
- Strategies for helping your child with their anxiety
- Ways to prevent anxiety taking over your child and family's life
- Ways to build up your child
- Resources in our community that could help

**WHAT?**

A FREE informational evening  
Tea/coffee and desserts will be  
provided

**FREE Childcare will be  
provided**

**WHO?**

Parents of children 0-6 and  
service providers who support  
families with children

**WHERE?**

Lower level of 645 Westmount  
Road E, Kitchener



**Margaret Leslie, Dip.C.S.,  
C.Psych.Assoc.**

is the Director of Child and Family Services at the Canadian Mothercraft Society. For 30 years, her clinical experience has been in the areas of prevention and early intervention services for families and young children living in conditions of risk. Her expertise is in the areas of infant and child assessment, infant mental health, and parent-infant therapy.

Please Register in Advance: (Online) <https://bit.ly/2E66I54>

OR Call (519) 743-6333 ext.383

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