



HELP FAMILIES

Team up against **ANXIETY**

with free, phone-based parent coaching available by referral from a physician, CYMH clinician, teacher or school counsellor



Canadian Mental
Health Association
British Columbia
Mental health for all

Confident Parents: Thriving Kids
– **Anxiety program** supports parents and caregivers to build skills and strategies they can use with their child to effectively reduce anxiety. The program is available at no cost to BC families with children 3 to 12 years of age who experience mild to moderate anxiety.

For referral forms, please visit
confidentparents.ca