

Brave as Can Be



Anxiety is a normal part of life, but when our child's worries get so big that they prevent them from enjoying activities, achieving their goals, or trying new things it's important to learn some tools to help them manage. The school counsellor at Clayton Elementary is offering a parent info night to help parents understand what anxiety is, what strategies help and how best to support their child.

Where: Clayton Elementary library

When: Tuesday January 28th 7:00 pm - 8:30 pm

What: Tips, tools and resources

Who: Facilitated by Ashley Barker MA (Sunrise Ridge Elem. counsellor) and Nassim Ghani MEd (Clayton Elem. counsellor)

More questions? Just email me at ghani_n@surreyschools.ca or 604-576-6411

Hope to see you there!

Nassim Ghani M.Ed. CCC, RCC