



Presents

# Taming the Worry Dragons



## Taking on Anxiety with Curiosity and Courage

**A Psycho-educational group for kids ages 10-12 struggling with anxiety**

**PARENT-PARTICIPATION AND REGISTRATION REQUIRED!**

**DATES: Parent Virtual Meeting Tues, Feb 3 @ 6pm**

**IN PERSON GROUP starts 5- 6:30pm Every Tuesday Feb 10- April 14**

**(No group March 17 and 24 during spring break)**

**Contact Guntaz to register at 604-845-3910**

For questions about curriculum contact Facilitator Megan Zurak 604-533-7920 ext. 1308

Learn what anxiety is and the different types of worry dragons

Connect with other kids just like you

Do detective work at home to earn rewards

Complete Dragons work- book to learn how your anxiety impacts you

Have fun while learning in a safe and supportive environment

**LOCATION:**

Langley Community Services Society Welcome Center Main Boardroom  
6470 201 st. (back door entrance)