



Langley Community
Services Society

& The Children's
Foundation



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)