

Children & Families

FAMILY RESOURCE PROGRAMS



Parenting Matters at MPNH presents:

Anxiety and Families

November 5 (part 1) ~November 12 (part 2), 2020
5:00 to 6:30 p.m.

First Session: what is anxiety? Is it normal to feel anxious from time to time?

Am I afraid to tell people? This will be an information session / Q & A

Second Session: is there an stigma? What to do? Practical tools

Participants will be asked to attend both sessions.

Mount Pleasant Neighbourhood House

800 East Broadway, Vancouver
Unceded Coast Salish Territory

www.mpnh.org

For more information and registration

please contact Carmen at:

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**Mount Pleasant
Neighbourhood House**