



Comox Valley Family Services Association will be running weekly groups for children who are experiencing worry or anxiety. The groups provide child-friendly education related to coping with anxiety.

**Ages 7-9**

starting September 16

**Ages 10-12**

starting September 24

(programs are 10 weeks long)

Parental involvement is a requirement for the group and parents are asked to attend the last 20 minutes of each session. To provide the best and safest support during COVID-19, groups will be kept small.

For more information, contact Program Facilitator Leslie Fletcher,  
[leslie.f@cvfssa.org](mailto:leslie.f@cvfssa.org) or 250-338-7575 (ext. 223)

To register or refer a child, contact Tammie Manson,  
[tammie.m@cvfssa.org](mailto:tammie.m@cvfssa.org) or 250-338-7575 (ext. 275)

