This group is designed for youth, ages 12-20 and their parents, where the youth is experiencing anxiety. In this six-hour group work, run over 2 days, participants will be given information about anxiety and its effects; learn skills and practice strategies that can reduce the negative effects of anxiety.

When: Friday Feb 8th, 2019 - 4.30pm - 6.30pm & Saturday Feb 9th, 2019 -10.00am - 2.00pm (lunch provided Sat)

Where: Family Service Saskatoon, #102-506, 25th Street East, Saskatoon

PRE-REGISTRATION IS REQUIRED. ENROL EARLY, REGISTRATION IS LIMITED

ONE OR BOTH PARENTS ARE INVITED TO ATTEND THIS PROGRAM

To register please call 306 244-0127 or email info@familyservice.sk.ca

Website: www.familyservice.sk.ca