



## Taming Your Worry Dragons

Are you 8-12 years old and do you struggle with anxiety and worries?

We have a solution! We are getting together to learn how to tame those worry dragons so they can be a friend instead of enemy! Using the proven Taming Your Worry Dragons program, the same one offered by BC Children's Hospital, we will teach you how to tame those dragons so that you don't have to worry all the time and can enjoy life!

**Time:** 8 Thursdays from 4:00pm-5:00pm, starting September 28, 2017

**Location:** Alongside You Offices - 203 - 4840 Delta Street, Ladner, BC V4K 2T6

**Facilitator:** Jan Hart, B.Ed.

**Cost:** \$199+GST

Registration is online, visit: <https://www.alongsideyou.ca/taming-your-worry-dragons> to register.

Please call us at (604) 283-7827 ext. 701 if you have questions about what our program is about!

