

# Koru Family Psychology Presents:



## *Is your child feeling defeated with Anxiety or Stress?*

Group Details:

Mondays

6:00 – 7:30 pm

Starting January, 2017

**6 Nesbitt Ave NE  
Langdon, AB  
(Kidz Cave Academy)**

**(Insurance receipts  
provided. Direct billing  
to Blue Cross available)**



[korufamilypsychology.ca](http://korufamilypsychology.ca)

**Give your kids THE TOOLS THEY NEED**



In this program, your child will learn effective stress management techniques to manage their difficulties with anxiety and stress. They will learn how to:

- Take charge of their mind and body
- Boost their self-esteem
- Become more confident
- Increase their overall well-being

Parents are also offered concurrent sessions to learn about common traps adults fall into that worsen a child's difficulties with managing their emotions effectively.

Registration is limited. Please contact Caroline at 403-650-1616 or [buzankopsyc@live.ca](mailto:buzankopsyc@live.ca) to register or for more information.