

Parenting Workshop

Friday July 28, 2023

10:30 AM - 11:30 AM

BNH North House

4908 Hastings St, Burnaby

***More suitable for parents and caregivers with children 0-6 years old

Understanding the Development of Childhood Anxiety and Depression

Childhood can be a rollercoaster of emotions and behaviours, but when do challenging behaviors cross the line into mental health issues? Fears and worries are typical in children. However, persistent, or extreme forms of fear and sadness could be due to anxiety or depression.

This workshop will help parents and caregivers learn more about childhood mental health and ways to support healthy social, emotional, and behavioural well-being of children.

northoutreach@burnabynh.ca

604-307-2940



CARE

CONNECT

ENGAGE

BELONG

Burnaby Neighbourhood House is a community driven and community funded agency located on the unceded territories of the Tsleil-Waututh (salilwataʔ), Kwikwetlem (kʷikwəʔəlam), Squamish (Skwəwú7mesh Úxwumixw) and Musqueam (xʷməθkʷəyəm) nations with a unique focus on neighbours supporting neighbours.

On-site
Childminding
Available

Register with your:

Name

Child's Name & Age

Phone Number

Yes or No to Childminding