



FREE - 8 WEEKS

Online Support Groups

For Children and Youth with Anxiety

Starts October 6th, 2020

Tuesdays 7pm - 8pm: Ages 9-13

Wednesdays 7pm - 8:30pm: Ages 14-18

Thursdays 7pm - 8:30pm: Ages 19-25

Space is limited

Register online at:

www.southislandcentre.ca/trainingevents

For more info email: info@southislandcentre.ca

Learn how to handle
anxiety, increase
confidence and
develop strong life
skills.

Parents can take the Triple P Parenting Course for free Starting Monday Oct 19. Limit to 10 participants.



**THE QUAIL
ROCK
FOUNDATION**