

# Breaking the Worry Cycle



*Looking to understand why teens develop problems with worry and anxiety?*

*Want tips and tools to help your teen build coping skills to manage anxiety or excessive worry?*

*Want to have your questions answered by a panel of trained professionals?*

**Then check-out this upcoming session!**

**When:** Thursday, May 21<sup>st</sup>, 2015  
6:30 – 8:30PM

**Where:** Corner Brook Regional High  
William Herdman Hall (Room 127)

*Corner Brook Regional High and Western Health are bringing together school personnel, mental health counsellors, and a local psychiatrist for a presentation about excessive worrying and anxiety.*

*The presentation will be followed by a panel discussion. This is an opportunity for parents to ask questions and for the group to discuss this important topic.*

