

# COACHING FOR CONFIDENCE: HELPING YOUR SHY OR ANXIOUS CHILD

Sarah Juchnowski,  
School Psychologist

## **Parent Seminar**

Wednesday, Feb. 19, 2020, 7:00 pm

Winnipeg Mennonite Elementary and Middle School, 250 Bedson St.

***Coaching For Confidence: Helping Your Shy or Anxious Child.***

Sarah Juchnowski, School Psychologist.

Understanding anxiety in children  
Strategies for over-coming anxiety  
Coping skills and practical suggestions  
Resources

Presented as a community service, this seminar is free of charge, and all are welcome.