



Anxiety Workshop

Supporting Kids & Teens Through Anxiety

with Angela Jans, MC, Registered Psychologist



Thursday September 25



6:30pm – 8:00pm



**Family Centre, 200-4 Ave. S.
Lethbridge**

With over 15 years of experience, Angela specializes in helping children, teens, and families navigate the emotional challenges of anxiety. She knows that while anxiety is common, it can disrupt learning, friendships, and daily life.

Angela provides practical tools and guidance to recognize anxiety, respond with confidence, and build lasting coping skills. Whether your child is facing anxiety for the first time or has been struggling for a while, Angela offers support to help you feel more prepared —and less alone.



Online: www.famcentre.ca/programs



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