



Dear Readers:

I would like to share a great resource and program called **Confident Parents: Thriving Kids** which can be found at: <https://welcome.cmhacptk.ca/>

It is **FREE** and consists of 'two program streams to help parents support their children aged 3-12 to manage either anxiety or behaviour challenges. Behaviour challenges may include uncooperative or disruptive behaviour, aggression or defiance. Sometimes anxiety can look similar, but the behaviours only appear in certain situations – like getting ready for school or going to bed. When children are feeling anxious, they may seem restless, agitated, withdrawn or tearful, complain of stomach aches or have trouble falling asleep.'

Confident Parents: Thriving Kids helps you develop skills and strategies to support your child to manage anxiety or behaviour challenges through a series of online videos (for anxiety) or workbooks (for behaviour) and activities, supported by coaching sessions by phone. Coaching sessions can be scheduled during day, evening and weekend hours. Both program streams are based on strategies shown to be effective and are offered at no cost to parents and caregivers across BC.

Please contact me if you have any questions or concerns regarding your child's social and emotional development at hchang@sd43.bc.ca.

Harriette Chang
School Counsellor