

FREE: WEDNESDAY NIGHT WORKSHOP SERIES — FALL 2014

## A FRESH START TO SCHOOL

### New Beginnings

Helping your young children (grades JK-2) adjust to school when coping with fear and anxiety, through building understanding and teaching effective strategies. **October 8, 7:00pm-9:00 pm**

### Starting Fresh

Encouraging school success for your children in grades 3-7, by overcoming anxiety and building positive self-esteem and school confidence. **October 22, 7:00pm-9:00pm**

### Getting Up and Out

Helping parents with adolescents who experience anxiety, depression and school truancy, build on their school success. **November 5, 7:00pm-9:00pm**

### To The Principal's Office

How to support your child who may be experiencing behavioural challenges in school, when it is affecting their school performance. **November 19, 7:00pm-9:00pm**

PRESENTER:

**Mardi Ennis-Gregory, C.Y.W., BA**

- ❖ **Coordinator of Family Services for Children, Adolescents, Adults and their family at Bartimaeus**
- ❖ **Extensive experience in mental health**
- ❖ **Instructor at Humber College in the C.Y.W. Program**
- ❖ **See full biography at [www.bartimaeus.com](http://www.bartimaeus.com)**



*Workshops sponsored by **Bartimaeus Family Services**. Free to attend. Spaces limited.  
Please call or email to register: (416) 243 3330 / [linda@bartimaeus.com](mailto:linda@bartimaeus.com).  
Location, all workshops: 290 North Queen Street, Etobicoke - Suite 111  
(Across from Sherway Gardens). Free parking.*

**[www.bartimaeus.com](http://www.bartimaeus.com)**