

**Webinar**

# **UNDERSTANDING CHILDHOOD ANXIETY**

## **Practical Tools for Parents & Caregivers**

### **Topics Covered:**

- Anxiety & the nervous system
- Practical tools for supporting anxious children & youth
- When to seek professional help



### **Facilitated by:**

**Kari Deschambault MSW, RSW**  
School Social Worker

**For Parents & Caregivers of  
AESD students**

**Date: MAY 13, 2026**

**Time: 12pm - 1:30pm**

**To Register Email:**

**[kari.deschambault@nbed.nb.ca](mailto:kari.deschambault@nbed.nb.ca)**

**Please provide the following information :**

- Child's age & school
- Parent name, phone number & email address

