



EVERGREEN EVER GROWING PARENT LEARNING OPPORTUNITIES

Understanding Anxiety and School Avoidance

This practical session helps parents better understand anxiety and school avoidance, including why a child may find going to school so difficult. Participants will learn:

- How avoidance patterns develop,
- How well-intentioned responses can unintentionally reinforce anxiety
- How to respond with both compassion and certainty.

The session offers realistic strategies for calmer school mornings and effective collaboration with school staff. Parents will leave with practical tools to help their child build coping skills, confidence, and a sustainable return to school plan.

This program is only for families who attend Evergreen Catholic Schools.

*In partnership with:
Stepping Forward Psychology.*



Pre-registration is required.



**SCAN QR
CODE TO
REGISTER**

St. Thomas Aquinas Catholic School
381 Grove Dr, Spruce Grove
info@apfa.ca
780-963-0549

