



The "Worry Warrior" Parent Training Program was designed by Child Psychologist, Nikki O'Donnell who specializes in treating anxiety in children and teens. This powerful program provides parents with practical tools that they can use to help their child navigate anxiety, worries and stress.

This unique program is presented in a group discussion format and features:

- Tools for identifying anxiety in children/teens.
- Creative solutions for helping children improve stress tolerance, develop coping skills and increasing resilience.
- Parenting strategies that can help build confidence in an anxious child or teen.
- Resources for both children and parents (books, apps and games).

*This program can be tailored to suit any population (parents, educators, therapist, etc).

"Help your child become a
Worry Warrior!"

