



MAP for  
Children & Teens

Each week we are highlighting a resource from School District 47's Mental Health and Wellness Hub. This week we'd like to highlight Anxiety Canada's [My Anxiety Plan \(MAP\) program](#). This free self-help program is for parents or caregivers to support children and teens with mild to moderate anxiety problems. Sign up today to access information and practical strategies and tools.

Find this resource and more on the [Mental Health and Wellness Hub](#). And check back often. We're adding more resources each week.