

Parenting Seminar

Helping Your Anxious Child

It can be difficult being a parent and watching your child struggle with anxiety. Early support can help children learn to understand their anxiety and provide some practical coping strategies to manage challenging situations.

This practical seminar is suitable for parents with preschool or early primary school aged children who are concerned about their child's anxious behaviour. You will learn helpful ways of responding to and supporting your child with anxiety.

What is covered?

- How anxiety can affect children
- What you can do to support your anxious child
- Helpful and unhelpful responses to your child's anxiety
- Where to go for further help.



Where: healthAbility,
917 Main Road, Eltham

When: Monday 23 September

Time: 7pm sharp (Finish 8.45pm)

Cost: \$30 (or \$45 per couple)
(\$15 for health care card holders)

Bookings: Essential via
www.trybooking.com/BCWKC

For more information

Please contact Joan Lauricella, Family Support Worker at
Joan.Lauricella@healthability.org.au or
Phone 9430 9100.