

Parenting Anxious Children

Caulfield Junior College- in the BER

Tuesday 19th November, 6.30pm - 8.30pm

RSVP at the office or via email caulfield.jr.co@edumail.vic.gov.au

**Does your child worry, feel anxious and seem stressed at times?**

**Would you like to gain a greater understanding of anxiety and learn some helpful strategies to support your child?**

Learning to cope with anxiety, stress and fear, whilst a normal part of your child’s development, can be deeply challenging not only for children but also for parents and the family unit as a whole.

This information session will cover:

* Understanding the role of anxiety and normal childhood development
* The signs and symptoms in your children
* Types of anxiety disorders
* What’s helpful and not helpful
* Methods and strategies to support your children
* Relaxation techniques and tools, mindfulness, breathing etc.
* Where to go for more information/help

Fact sheets, practical exercises and brochures are also included.