



MINDING YOUNG MINDS

**What you need to know about anxiety
and supporting young people.**

Anxiety can effect sleep quality, relationships, education and overall quality of life.

We welcome all parents/guardians and young people (10+ years) to come and hear mental health expert, Geoffrey Ahern, present on what you need to know about anxiety, including how you can best support a young person or young friend experiencing anxiety.

Wednesday 5th June
7.30pm – 8.30pm

St James College
VPAC Theatre
156 Bignell Road, East Bentleigh

This is a free event.

Bookings essential.
Reserve your place today through
www.trybooking.com/491822
or contact St James College
on 9575 8110