



Parenting Anxious and Sensitive Children

A workshop supporting you to effectively support your child

Do you have a child who worries about the simplest of things? Do they get upset easily? Do they seem to have empathy beyond their young years? Are they constantly asking questions, exposing their exquisite attention to detail? Perhaps they want all the tags cut off from their t-shirts. Or to sit quietly in the corner rather than engage with the group. Chances are you have a sensitive little soul on your hands. And you are not alone.

Parenting an anxious or sensitive child is an immense responsibility. The **Parenting Anxious and Sensitive Children** workshop aims to increase your capacity to support your child affected by anxiety, worry or stress. Over three weekly sessions, you will be guided through this solutions-based program and supported to address individual concerns effectively.

Topics include:

- Anxiety versus worry
- Sensory sensitivity and its relationship with anxiety
- Signs and symptoms of anxiety and vulnerable mental health
- Coping skills and building resilience

- Strategies to make everyday situations more calm and less emotional for everyone involved.
- The role of communication, compassion and 'sensitive parenting skills'
- Helping children to move from Comfort Zone to Courage Zone

Best suited to:

Parents and carers of children aged 4 to 11 years.

When:

The workshop runs across three Wednesday evenings.

Wednesday 11th March 2020 7pm to 9pm

Wednesday 18th March 2020 7pm to 9pm

Wednesday 25th March 2020 7pm to 9pm

Light refreshments provided.

Where:

Family Life meeting room, 197 Bluff Rd, Sandringham

Cost:

\$240 per person (\$215 concession)

Bookings and more information:

To book or for more info, visit us at heartlinks.com.au
Email heartlinks@familylife.com.au or call (03) 8599 5488