

# Cassie's Place

## UNDERSTANDING ANXIETY

A Workshop Series for Parents  
Facilitated by Psychologists Emily Chalmers and Sian Balmer



Are you interested in learning more about emotional wellbeing?  
Want to know how to best support your child to effectively manage their anxiety?

Then our anxiety workshop series is for you!

**9:00am – 2:30pm**  
**Saturday 19<sup>th</sup> November 2022**

Learn why understanding our emotions is essential for wellbeing and healthy emotion regulation.

Learn how emotions, specifically anxiety, can impact on your child's behaviour.

Learn strategies you can introduce to support and help your child effectively manage their anxiety.

Receive a resource pack with useful handouts to extend the learning at home.

Suitable for parents of children of all ages.

Cost \$195 per family

For tickets go to: <https://www.trybooking.com/CCODO> or scan the QR Code

For more information, please contact 6288 7371 or

[Workshops@cassiesplace.com.au](mailto:Workshops@cassiesplace.com.au)

Numbers are limited so act quickly to secure your spot.

