



# Parenting Anxious Children

## A Parents Building Solutions Program for Parents of 4 to 12 year olds

### Are you a parent who wants to:

- Discover how anxiety develops throughout childhood?
- Learn parenting strategies to help your child cope with anxious feelings?
- Teach your child the skills of resilience so they can bounce back from adversities?
- Communicate better with your child?

Join this interactive 6 week program to learn strategies, share stories and take some time out for you

**When:** Tuesdays (6 afternoon sessions)

**Dates:** August 1st to September 5th 2023

**Time:** 1:00 to 2:30pm

**Where:** Online via Zoom.

**Cost:** Free for parents and carers living in Melbourne's Eastern Region.

**Registration:** [Click here](#)

**Enquires:** [sharon.muir@anglicarevic.org.au](mailto:sharon.muir@anglicarevic.org.au)

**Please Note:** we have limited places so please only register if you can attend all 6 sessions. You will also need to log in on a device with video and audio in order to participate.

**PARENTZONE**