

STAYING CONNECTED WITH YOUR ANXIOUS TEEN DURING COVID



Is worry about their future, Covid-19 and the uncertainty of our times affecting your young person's life?

Schooling, home life, relationships with family and friends and a sense of self and emotional wellbeing can all be challenged by the current crisis.

In this webinar and the optional following 4 week group, we explore how to recognise anxiety and emotional or social health issues that might be affecting all family members.

We discuss ways to provide a healthy foundation for our teenagers. We will explore ways to improve communication and understand and manage these challenges together.

The webinar will provide broad and useful strategies and the group will provide the opportunity for more interactive small group discussions.

**Webinar: Wednesday
September 9th
(recording available)**

Group is 4 weeks starting
Wednesday 7th October @ 7:00pm

ONLINE VIA ZOOM-
book at this link

<https://ds.org.au/events/parenting-teenagers-who-worry/>

Book your place on our website at **www.ds.org.au** and we will send you the Zoom link. Call Nicole on **9663 6733** for more information.