



# Parenting Information Forum

Supporting Parents, Grandparents and Carers



## PARENTING ANXIOUS CHILDREN (PARENTS AND CARERS OF SCHOOL AGED CHILDREN)

Presenter: Michelle Graeber – Anxiety Recovery Centre Victoria

This session will provide parents and carers an understanding of: the role of anxiety and normal childhood development; signs and symptoms to be aware of; different types of anxiety; strategies and methods to support your children; and provide information of where to go for further help, support and information.



### DATE

Tuesday 24 August 2021

### TIME

7pm-8.30pm online via Zoom

### BOOKINGS

Registering your attendance is essential. Please book online on Council's website [www.whitehorse.vic.gov.au/events/parenting-anxious-children-2021](http://www.whitehorse.vic.gov.au/events/parenting-anxious-children-2021)

### OTHER INFORMATION

To request additional access support including interpreting please contact Council's Parenting Resource Officer on 9262 6175 or [parentresource@whitehorse.vic.gov.au](mailto:parentresource@whitehorse.vic.gov.au)