

Supporting Anxious Children



**Does your child worry, feel anxious or seem stressed at times?
Gain a greater understanding of anxiety and strategies to support your child.**

Parents, carers and early childhood professionals are invited to attend FREE online information sessions.

Presented by Anxiety Recovery Centre Victoria, this session will cover:

- Understanding anxiety and normal childhood development
- Identify signs and symptoms in your children
- Types of anxiety disorders
- What's helpful and not helpful
- Methods and strategies to support your children
- Where to go for more information/support



Time: 7.30pm – 8.30pm

- **Monday 17th February** – for parents and carers of children aged 0-6 years
- **Thursday 20th February** – for parents and carers of primary school aged children
- **Wednesday 5th March** – for parents and carers of secondary school aged children


Booking required.


www.trybooking.com/CXQDN

For further information

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