



## Brave Brilliant and Resilient

### A workshop for parents of anxious and sensitive children

Do you have a child who worries about the simplest of things? Do they get upset easily? Do they seem to have empathy beyond their young years? Are they constantly asking questions, exposing their exquisite attention to detail? Perhaps they want all the tags cut off from their t-shirts. Or to sit quietly in the corner rather than engage with the group. Chances are you have a sensitive little soul on your hands. And you are not alone.

Parenting an anxious or sensitive child is an immense responsibility. The **Brave, Brilliant and Resilient** workshop aims to increase your capacity to support your child affected by anxiety, worry or stress. Over three weekly sessions, Penny Gibson from Capacity Therapeutic Services, will guide you through this solutions-based program and support you to address individual concerns effectively.

#### Topics include:

- Anxiety versus worry
- Sensory sensitivity and its relationship with anxiety
- Signs and symptoms of anxiety and vulnerable mental health
- Coping skills and building resilience

- Strategies to make everyday situations more calm and less emotional for everyone involved.
- The role of communication, compassion and 'sensitive parenting skills'
- Helping children to move from Comfort Zone to Courage Zone

#### Best suited to:

Parents and carers of children aged 4 to 11 years.

#### When:

The workshop runs across three Wednesday evenings.

Wednesday 30th May 2018 7pm to 9pm

Wednesday 6th June 2018 7pm to 9pm

Wednesday 13th June 2018 7pm to 9pm

Light refreshments provided.

#### Where:

Family Life meeting room, 197 Bluff Rd, Sandringham

#### Cost:

\$240 per person (\$215 concession)

## Bookings and more information:

To book or for more info, visit us at [heartlinks.com.au](http://heartlinks.com.au)  
Email [heartlinks@familylife.com.au](mailto:heartlinks@familylife.com.au) or call (03) 8599 5488