



## Managing Children's Anxiety

It is normal for children to sometimes show signs of anxiety in different situations such as to loud noises, separation and strangers however in some circumstances these responses become more noticeable, consistent and intense.

Anxiety can prevent children from doing things they want to do or interfering with their friendships, schoolwork or family life.

Does your child's reaction to things appear extreme to you? If so then this session is for you.

This session is tailored for parents of children 3-8 years old.

**DATE:** Tuesday 28th March 2023

**TIME:** 7.00pm to 8.30pm

**WHERE:** Online via Zoom

**COST:** This session is free of charge but registration is essential

For enquires contact Parentzone on 03 8641 8900 or  
email:parentzone.northern@anglicarevic.org.au

For bookings:

<https://www.trybooking.com/CEUWW>



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