

Coping with Change.

Supporting the Wellbeing of your child

INFORMATION FOR PARENTS/CARERS

Catholic Education Diocese of Wollongong has joined with CatholicCare to provide simple tips and strategies to help you support your child to cope with change and anxiety. The disruption and uncertainty we have been experiencing with the COVID-19 pandemic has created both challenges and opportunities.

Find out what you can do and where you can find support for you and your child.

Coping with Change.

Flyer

[read here](#)

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A conversation with CatholicCare staff

[listen here](#)

Parenting Course.

[find out more](#)

Counselling Services.

[information here](#)