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Secure your place - limit of 30 participants for each session

Addressing anxieties in your children and within your family arising from COVID19.

WEBINAR

🕒 **6.30pm – 7.45pm**

📅 **Wednesday 21 October 2020**

Dr Lyn O'Grady Community Psychologist &
Jac Van Velsen Mental Health and Wellbeing Educator

This webinar will explore anxiety and how it might play a role in the lives of children, young people and families during times such as a pandemic. While some anxious feelings can be helpful and keep us safe, sometimes anxiety can become a concern. How to respond to anxiety to reduce its impact and help build resilience will be outlined.

Dr Lyn O'Grady is a Community Psychologist. She is currently working in private practice as well as training and supervising psychology interns. Her experience over the last three decades includes working with parents, as a school psychologist and as a national manager of the KidsMatter project, a mental health promotion, prevention and early intervention initiative. She has recently published her first book, Keeping our Kids Safe, Parenting Suicidal Teenagers

Jac Van Velsen works for WISA Wellbeing in Schools Australia and is a writer and presenter of health and wellbeing professional learning resources for school communities, including staff, students and families.

COST: Free thanks to the support of the School Focused Youth Service at Mildura Rural City Council.

TO ATTEND REGISTER [HERE](#) or send your name, school and email to

Jac Van Velsen

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ANY QUERIES Contact Tricia Clifford School Focused Youth Service at Mildura Rural City Council

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