

Anxious kids

- from anxiety to resilience



Wednesday
26 August
7pm to 8.30pm

Online event



Dr Jodi Richardson

\$10
Bookings
essential

For parents,
carers and
educators

It's easy to feel overwhelmed when your child suffers from anxiety, but there are many things you can do help.

In this webinar Dr Jodi Richardson will share her experience and talk about:

- What do kids need to develop resilience?
- Building distress tolerance in children.
- Why are so many kids anxious?
- What happens in an anxious brain.
- The contagious nature of anxiety.
- How parents can better manage their own stress.
- Essential tools for parents and children to manage anxiety and more.

Dr Jodi Richardson is a mental health and wellbeing author, speaker and educator. She's dedicated to helping parents and teachers understand anxiety in their children and students, how it makes them feel (and why), and how to respond in ways that empower anxious kids with the insights and skills they need to thrive.

A mother of two primary-school-aged children, she is the founder and director of *Happier on Purpose*, the mental health and wellbeing expert for parenting ideas and is co-author of the best-selling book '*Anxious Kids: How children can turn their anxiety into resilience*'.

How to book

Book online at: www.trybooking.com/BKEMV

For more information, please contact Cathie Wills, Children's Services Project Officer, on 9294 5740 or email childrens.services.events@maroondah.vic.gov.au

