



# Helping young people with social anxiety

Free webinar | 10th & 11th September  
Parents | Teachers | Teenagers

- Find out into what “**social anxiety**” means and the challenges faced
- Explore the latest **research and insights** to build confidence
- Discover **practical tools** to empower young people
- Understand and help young people to **break the cycle** of anxiety
- Create encouraging **home and school environments** for growth and well-being
- How, why, where and when to seek **professional help**

All  
welcome



60  
mins (plus  
Q&A)

Register for free: <https://form-aus.keela.co/social-anxiety-webinar>