

Parenting Seminar

Helping Your Anxious Child

It can be difficult being a parent and watching your child struggle with anxiety. Early support can help children learn to understand their anxiety and provide some practical coping strategies to manage challenging situations.

This practical seminar is suitable for parents with preschool or early primary school aged children who are concerned about their child's anxious behaviour. You will learn helpful ways of responding to and supporting your child with anxiety.

What is covered?

- Common types of anxiety in children
- Helpful responses to children's anxiety
- What to avoid saying or doing
- Where to go for further help



Where: Carrington Health

Ground Floor, 43 Carrington Rd, Box Hill

When: Thursday 30th May 2019

Time: 9.30am-12pm

Cost: \$30 per person (\$15 for health care card holders) or \$45 per couple

Bookings are essential via

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

To book or for more information please contact Joan Lauricella, Family Support Worker on 9430 9100.
joan.lauricella@healthability.org.au

Carrington Health

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