



Families Together



Supporting Anxious Children

Does your child seem worried or stressed?

FREE INFORMATION SESSION

Bonnyrigg Heights Primary School in partnership with Families Together and Fairfield Community Health invites mothers, fathers, carers and grandparents with children up to the age of 12 to this information session presented by

Kathleen Mairet
Clinical Psychologist
Child and Family Psychology Services
Fairfield Community Health Centre

Ayesha Sadozai
Psychologist
Child and Family Psychology Services
Fairfield Community Health Centre

Anxiety is normal. It is the brain's way to alert us to possible danger. Anxiety becomes a problem when it is experienced frequently, intensely and interferes with a child's ability to function.

This seminar will provide information about the causes of anxiety and how to help children manage.

Common anxiety issues in children will be discussed like separation anxiety, shyness, selective mutism and general anxiety.

Tuesday 29 May 2018

9.00 - 11.00am

School Hall

Bonnyrigg Heights Primary School

Cnr Lewis Street and Wilson Road

Bonnyrigg Heights

Families Together is for mothers, fathers, grandparents and carers living in the Fairfield, Liverpool and the former Bankstown local government areas.

Please fill in the slip below and return to Josie McGann at Bonnyrigg Heights Primary School or alternatively you can call 0407 708 626 to book your place.



I will be attending the Supporting your anxious child information session at Bonnyrigg Heights Primary School on Tuesday 29 May 2018 from 9.00 to 11.00am.

Parent/Caregiver's name:

Contact number:



Education

Families Together is funded by the NSW Department of Education
and sponsored by Fairfield City Council