



MANAGING ANXIETY

FREE workshop for families!

Join us as we explore:

- What is anxiety?
- What does anxiety look like in kids & adults?
- How can we manage & respond to anxiety

TIME: 9.30AM - 11.00am

WHEN: Thursday 29th July

WHERE: Eastbourne Primary School
Allambi Ave. Capel Sound

Child-friendly meeting space, children 0-5 years welcome to attend with parents

To book please contact: Annette Bailey (Family Well-being Hub on 0499 027 753 or email annette.bailey@anglicarevic.org.au



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