



# Parenting Anxious Children

## A Parents Building Solutions Program for Parents of 2 to 7 year olds

- Learn parenting strategies to help your child deal with anxious feelings and behaviors.
- Support your child to cope with change and life's challenges
- Teach your child the skills of resilience to bounce back from adversity

Join this 6-week parenting program to learn strategies, share stories, and take some time out for you

**When:** Thursdays (6-week program)

**Dates:** February 15th to March 21st, 2024

**Time:** 1:00 to 3:00 pm

**Where:** Central Ringwood Community Centre, Bedford Park, Rosewarne Lane, Ringwood 3134

**Cost:** Free for parents and carers living in Melbourne's Eastern Region.

**Registrations:** [Click Here](#)

**Enquiries:** phone/text Sharon 0438 683 049  
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