



Managing Anxiety

It is normal for children to sometimes show signs of anxiety in different situations such as to loud noises, separation and strangers however in some circumstances these responses become more noticeable, consistent and intense.

Anxiety can prevent children from doing things they want to do or interfere with their friendships, schoolwork or family life. Does their reaction to things appear extreme to you? If so then this interactive session is for you.

DATE: Thursday 5th October 2023

TIME: 1.00pm to 2.30pm

WHERE: Online via Zoom

COST: Free

Zoom link will be sent upon receipt of completed registration - register via QR or the link <https://forms.office.com/r/zDKLDEyHkN>

Queries: Michelle Brown at michelle.brown@anglicarevic.org.au

T4 2023 Managing Anxiety
PARTICIPANT REGISTRATION



PARENTZONE