

HOW TO NAVIGATE ANXIETY: BUILDING A RESILIENT FAMILY IN THE COVID ERA

Join clinical psychotherapist Heidi Rogers to explore why the pandemic has impacted families the way it has, and discover what you can do to *transform 2020 from the 'year of anxiety', to a foundation of resilience* in the future.

Here's What You'll Learn ...

- How the COVID era has **impacted our brain, our behavior, and our bodies.**
- How to tackle **challenges around school, friendship groups and separation anxiety** - including tools to soothe your child's anxious thoughts.
- The **number one strategy we can be using daily** to help our children thrive as we adapt to a new normal.
- How to provide reassurance and manage health anxiety.
- Ways to **build a resilient family** that can withstand uncertainty, adversity and transitions.
- What it's like **inside the mind of a 'too sensitive' child** during periods of change (and how to help them thrive).
- How to **calm yourself down** when it all becomes too much.

Content Relevant For Children of All Ages

Date: Wednesday 25 November 2020

Time: 8:00pm - 9:30pm (including LIVE Q&A)

Delivery method: Online webinar

Cost: Free!

Registrations: heidilinks.com/anxiety-resilience

Can't make it? No problem!

Register and then watch the replay whenever you're ready!



HEIDI ROGERS

Heidi is a psychotherapist and counsellor with 17 years experience in mental health counselling and trauma therapy.

Heidi has worked in both the US and Australia and has extensive experience delivering therapeutic services to children and families.

She works in private practice in Melbourne and tours with her tailored talks specialising in children's issues, and their solutions.

Follow Heidi on Instagram
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