

Moving Kids & Teens from Anxiety to Resilience

Online Course for Parents

Dr Jodi Richardson

Birmingham Primary School

Lilydale High School

Yarra Hills Secondary College

Session 1: Tuesday 10th September 7:30-8:30pm

SCHOOL HOLIDAYS

Session 2: Tuesday 8th October 7:30-8:30pm

Session 3: Thursday 17th October 7:30-8:30pm

Session 1: Understanding Anxiety and Resilience

- Understanding anxiety and the brain
- Recognising everyday *and* problematic anxiety in your child
- What *really* builds resilience?
- The powerful role of parents in calming anxious kids

Session 2: Calming Anxious Thoughts and Feelings

- Practical tools to calm anxiety
- Understanding anxious thinking, learning and memory
- Thinking skills to let go of worry
- What to say and do when your child is anxious

Session 3: Overcoming Fear and Avoidance

- How anxiety can make life small and what to do about it
- Step-by-step strategy to build courage in anxious kids
- Putting all of your new knowledge and skills together
- When and where to seek professional help

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drjodirichardson.com.au

