

# Small Steps

Small Steps is a free anxiety awareness program for primary school teachers and parents.

## Did you know?

- An anxiety disorder affects one in ten children
- Anxiety impacts on a child's social, family and school life
- Early intervention may assist in preventing the onset of more serious problems including depression and substance abuse in adolescence
- Children with anxiety are generally not disruptive in class or at home
- Anxiety disorders can be resolved with timely information, care, treatment and support

## Presentations last between one-two hours and cover:

- The difference between normal anxiety and anxiety disorders
- Types of anxiety disorders
- Signs and symptoms of anxiety disorders

## Our free Small Steps presentations involve:

- A visual presentation by a speaker from the WayAhead - Mental Health Association NSW
- Reference materials and information
- A recommended reading list
- A Question and Answer session

We're holding  
a Small Steps  
presentation  
for Parents!

## When and Where

Date: Tue 9 August 2016

Time: 7pm

Location: Our Lady of Fatima  
Catholic Primary School

RSVP: 5 August 2016  
9502 3723

co-ordinated by WayAhead-The Mental Health  
Association NSW

**WayAhead**   
Mental Health Association NSW