

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