

PARENTS & GUARDIANS ARE WARMLY
INVITED TO ATTEND AN INFORMATION
EVENING ON

ANXIETY & ADOLESCENCE

presented by Dr Katie Wood

OCT 23, 2019 | 6:20PM - 7:45PM
@NHS PAC

This talk will focus on anxiety during adolescence. This is a time of change for young people and with change, many can experience anxiety about friends, school, and family life. We will look closely at the signs of anxiety, and some of the strategies to manage it from a parenting perspective.

Secure your \$10 ticket at:

<https://www.trybooking.com/BGCFI>

For more details, refer to your Compass notification or
contact Student Services on 9488 2321

