



Parenting Anxious Children

Wednesday August 7th, 10.30am-12pm

**Does your child worry, feel anxious and seem stressed at times?
Would you like to gain a greater understanding of anxiety and learn some helpful
strategies to support your child?**

Learning to cope with anxiety, stress and fear, whilst a normal part of your child's development, can be deeply challenging not only for children but also for parents and the family unit as a whole.

This information session will cover:

- Understanding the role of anxiety and normal childhood development
- The signs and symptoms in your children
- Types of anxiety disorders
- What's helpful and not helpful
- Methods and strategies to support your children
- Relaxation techniques and tools, mindfulness, breathing etc.
- Where to go for more information/help

Fact sheets, practical exercises and brochures are also included.

Cost: \$25/\$15 ARCVic Members

Venue: At ARCVic, 292 Canterbury Road, Surrey Hills

Bookings essential

For further information or to register visit www.arcvic.org.au
call the ARCVic Office on 9830 0566 or email rtsatsis@arcvic.org.au