



Parenting Anxious Children

A Parents Building Solutions Program
for parents of preschoolers and primary school aged children

Are you looking for strategies to help you and your children cope with anxiety?

Come along to these 5 sessions to learn strategies, share stories and take some time out for you!

When:

Wednesdays (5 afternoon sessions)
May 2nd to May 30th 2018

Time:

1:00 to 3:00 pm

Where:

Central Ringwood Community Centre,
Bedford Park, Bedford Road, Ringwood

Cost:

Free of charge. Bookings essential.

Bookings:

Sharon Muir on 0438 683 049
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