

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

WHERE: St Pius X College
WHEN: 23rd August, 2017
TIME: 6:30 pm
RSVP: 21st August 2017
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Phone: 9414 4322

co-ordinated by WayAhead-The Mental Health Association NSW

WayAhead 
Mental Health Association NSW