



Parenting Anxious Children

Eltham Library (Multipurpose Room) Panther Place, Eltham
Monday 18th June, 6.30-8.30pm

**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

COST: \$15.00 per person

Fact sheets, practical exercises and brochures are also included.

Booking essential

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