

Kids and Anxiety

Information evening
for parents and carers.



A free presentation to assist parents and carers to understand anxiety, behaviours and protective factors for their young children.

- normalising emotional experiences, such as feeling anxious
- the risk and protective factors for healthy emotional development
- the importance of developing social and emotional skills to prevent emotional distress
- why building resilience in the family is important



Monday
14 August 2017



Quest Apartments
22 Flinders Ln, Rockingham



6pm - 7.30pm



**Light refreshments
will be provided**

Bookings are essential.

To book please contact Olivia Forsdike at the City of Rockingham on **9528 0333** or **customer@rockingham.wa.gov.au**



www.rockingham.wa.gov.au



Resilience kit



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