

Supporting Your Anxious Child

For parents and carers

Are you concerned that your child seems overly worried or anxious? Do they often complain of stomach pains or of feeling sick? Do they often seem irritable, regularly having emotional outbursts? Then they may be experiencing anxiety.



This workshop explores anxiety in an easy to understand format and gives you strategies to support your anxious child. We will cover:

- Recognising the signs and symptoms of anxiety
- What causes anxiety
- How we can support our children when they become anxious
- Understanding our own reactions to our child's behaviour and fears

Tuesday 9 April, 6.30pm to 9pm

Don't miss out! Book by Thursday 4 April

Lotteries House, Anzac Place, Mandurah

\$30 per person (\$15 for concession card holders)

**Places are limited so book now on 6164 0588 or
Email: Mandurah.Education@relationshipswa.org.au**