

# Supporting Your Anxious Child

*Are you...* concerned your child may be nervous or anxious?

*Do you ...* worry that perhaps they are not coping very well?

*If so...* this workshop may be of help!

Are you concerned that your child seems overly 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 discuss*

- 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 behaviours and fears

## **TWO WORKSHOPS RUNNING IN TERM TWO**

**EVENING WORKSHOP** Tues 11 May, 2021, 6pm-8.30pm

**MORNING WORKSHOP** Tues 18 May 2021, 9.30am-12pm

*Where:* Bunbury Family Relationship Centre  
Corner Molloy and Symmons Streets  
Access from Symmons Street side of the building

*Fee:* \$30pp



*It would be  
great to  
see you*

Places are limited. Bookings Essential.

Please contact (08) 6164 0566 or email [Bunbury.Education@relationshipsaustralia.org.au](mailto:Bunbury.Education@relationshipsaustralia.org.au) to register today!

*Relationships Australia.*