

# 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

**Where:** Online

**When:** Monday 10 August 2020

**Time:** 9.30am to 12 noon WST

**Cost:** \$30 per person

Online sessions are interactive and have minimum requirements including:

- Computer/Laptop/Tablet with webcam and microphone
- Private space to attend
- Pre-registration and payment required prior to course

**Bookings are required. Please phone 6164 0200 to enrol.**

For more information about our courses and workshops, please click [here](#) or visit [www.relationshipswa.org.au](http://www.relationshipswa.org.au)