Supporting Your Anxious Child
Mandurah



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 interactive online 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

When: Thursday 10 December 2026

Time: 6.30pm – 9.00pm

Where: **Mandurah – 7 Anzac Place (Lotteries House)**

Cost: $30 per person, $15 concession

For information about our courses and workshops please call 6164 0200 or visit www.relationshipswa.org.au

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