

Supporting Your Anxious Child

Mandurah



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

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

- The signs and symptoms of anxiety
- The causes of anxiety
- How we can support our children when they become anxious.

When: Tuesday 31 October 2023

Time: 9.30am to 12noon

Where: Lotteries House
7 Anzac Place, Mandurah

Cost: \$30 per person (\$15 concession)

To book online, please scan the QR code.
For more information about our courses and workshops please call 6164 0588, email Mandurah.Education@relationshipsWA.org.au or visit www.relationshipswa.org.au



Relationships Australia
WESTERN AUSTRALIA

Supporting Your Anxious Child

