

Supporting Your Anxious Child

West Leederville



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

When: Thursday 16 November 2023

Time: 6.30pm to 9.00pm

Where: WEST LEEDERVILLE – Level 1, Southport St

Cost: \$30 per person



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

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