

Supporting Your Anxious Child Online via Zoom



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 20 June 2024

Time: 9.30am to 12 noon

Where: Online via Zoom (minimum technical requirements)

Cost: \$30 per person

Online sessions are interactive and have minimum requirements

For information about our courses and workshops please call 6164 0200 or visit

www.relationshipswa.org.au



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