



**Catholic
Ladies' College**

PARENTS IN YEARS 3 - 6

YOU ARE INVITED TO OUR PARENT WORKSHOP

THE ANXIETY TOOLKIT

The number of young people diagnosed with anxiety disorders is at an all-time high, and "everyday anxiety" is challenging children, teens and families alike.

In this seminar, Bec Wooley will pull apart the origins of anxiety and how it manifests in young people. She will cover various strategies and techniques to assist parents and/or caregivers to support their daughter/s to recognise and manage feelings of anxiety.

With an emphasis on constructive responding and collaborative skill-building, attendees will leave with practical tools to assist the young people in their lives to "feel the fear and do it anyway".



**THURSDAY 12 SEPTEMBER
6:45PM - 8:00PM**

**CATHOLIC LADIES' COLLEGE
19 DIAMOND STREET, ELTHAM**

WWW.TRYBOOKING.COM/BFDCW

This will be a booked out event, so get in quick!

NOTE: Due to the content of this workshop, this is an adult only event.