



KIDS AND ANXIETY Parenting Workshop

A FREE WORKSHOP FOR PARENTS AND CARERES OF CHILDREN 3-12 YEARS

Whilst some feelings of anxiety can be a normal part of children's development, an increasing number of children are experiencing higher levels of anxiety that are impacting on their everyday life.

WOULD YOU LIKE TO KNOW MORE ABOUT:

- The different types of anxiety?
- Helping your child learn how to manage those difficult emotions?
- Identifying anxious behaviours?
- Developing strategies to assist an anxious child

Where: Ngala Joondalup, Shenton House, Shenton Avenue, Joondalup 6027

When: Tuesday September 11, 9:30am – 11:30am

Cost: FREE

Book online: www.ngala.com.au

Or call: 9368 9368

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