

# Upcoming Webinar for Parents

## Dr Justin Coulson presents: Helping your child with anxiety

Dr Justin Coulson writes and speaks about parenting and family – because nothing matters more. Justin returned to full time study in his late twenties where he earned first class honours and a subsequent PhD in Psychology so that he could learn how to be a better husband and father. Justin and his wife, Kylie, are the parents of 6 daughters. Now the focus of his life is his family and helping other families flourish – in that order. He is a best-selling parenting author, co-host of Parental Guidance on Nine, co-host of the #1 parenting podcast and a wellbeing and relationships keynote speaker. And he is now the new owner of Parenting Ideas.

We have a membership with Parenting Ideas, one of Australia's most trusted sources of parenting education and support. As part of this membership, all the parents and carers in our community can attend this webinar at no cost.



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See the expert as they speak



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Watch an overview from Dr Justin Coulson

## About the webinar



### Helping your child with anxiety

Anxiety has become one of the leading causes of ill-health in our children. And it's also affecting more parents than ever before. The COVID-19 pandemic has exacerbated what was already an accelerating problem.

Can we stop anxiety? Where is it coming from? Are our kids bubble-wrapped snowflakes that just need to "toughen up" and get over it? Or is there an approach to our children's anxiety that can build them, encourage them, and give them hope?

This webinar will provide the answers every parent needs to help their children and even to help themselves.

Key learning and discussion points include:

- Recognise anxiety in your child and know how best to respond when anxiety flares up
- Become a supportive hope-giver to your child to empower him/her to be courageous in the face of anxious thoughts
- Uncover the research-based #1 strength your child can develop to combat anxiety and develop remarkable resilience
- Identify how your own anxieties could be affecting your child, and know how to manage them
- Learn proven strategies to help both you and your child navigate and manage anxiety when things get stressful

### Date and time

This webinar will be held on Wednesday 4 May 2022 at 8:00pm – 9:00pm AEST.

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