



Understanding anxiety in primary school children

Help your little people manage big feelings

While some feelings of anxiety can be a normal part of a child's development, an increasing number of children experience higher levels of anxiety that can impact their day-to-day life. Join us for discussions on knowing what to look for and understanding how anxiety plays out in behaviour, thinking and feelings. We'll also discuss a range of practical steps parents can take to help build resilience in their children.



**Monday 25th
October 2021
12pm—2pm**



**South Hedland
Child and Parent
Centre
1 Weaver Place,
South Hedland**



**Mums, dads,
carers and
grandparents
welcome**

 **AGE RANGE:** 3 -12yrs

 **DURATION:** 2 hours

 **TO BOOK: 9172 4956**
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