



Kids and Anxiety



Whilst some feelings of anxiety can be a normal part of children's development, an increasing number of children aged 3 – 12 years are experiencing high levels of anxiety which impact upon their everyday life. This sessions aims to assist parents and caregivers to understand anxiety and provides simple strategies to use at home.

When: Monday 19 February 2018

Time: 6.00pm - 8.00pm

(Registration and refreshments from 5.30pm)

Venue: Don Russell Performing Arts Centre

Lot 13 Murdoch Road, Thornlie

Please contact the Child and Parent Centre – East Maddington to register.

Telephone: 9452 7882 **Email:** CPCEastMaddington@centrecare.com.au

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