



ARCvic
Anxiety Recovery Centre Victoria

How to Manage a VCE House - a workshop for families

To be held at your school for families—topics include:

- How to help your family's VCE student to stay healthy and productive when preparing for and sitting exams
- Maintaining healthy relationships
- How to offer practical and emotional support
- Maintaining a healthy productive brain
- Healthy sleep and recreation
- How to help rather than hinder
- When enough is enough

Evening workshop—2 hours
(timing by arrangement with school)

Cost: \$20.00 per family
(Parents, students and other family members are welcome)

For more information, please contact
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