



Survive & Thrive – Managing VCE

Monday August 5th, 7-8.30pm

VCE can be a stressful time, not only for the student but for the whole family. Join our presentation for parents on managing a VCE Household, to develop practical skills and strategies for dealing with the stress and anxiety of the VCE years.

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

Cost: \$25/\$15 ARCVic Members

Venue: At ARCVic, 292 Canterbury Road, Surrey Hills

Bookings essential

For further information or to register visit www.arcvic.org.au
call the ARCVic Office on 9830 0566 or email rtsatsis@arcvic.org.au