



Survive and Thrive

A presentation to Manage a VCE Household, to develop practical skills and strategies for managing stress and anxiety.

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

Date: Wednesday 31st of July
Time: 6.30 to 8.30pm
Venue: Buckland Community Centre, Erril Street, Mansfield
COST: **FREE & BOOKINGS ESSENTIAL!**

For further information or to register contact the
ARCVic Office – 9830 0566 or email Raspal Khumra rkhumra@arcvic.org.au

