



“Parenting Anxious Children”

Community seminar

Learning to cope with anxiety and fear is a normal part of a child’s development. Whilst it’s estimated that between 10 to 20 percent of children and adolescents will experience significant anxiety at some time, it is important to note that most cases are short lived. Recognizing and managing anxiety, as early as possible, enables children to gain knowledge, skills, confidence and a sense of power in managing their own worries.

The Anxiety Recovery Centre of Victoria presents, **“Parenting Anxious Children”**. This is a relaxed and informative seminar presented for your community which, is specifically designed to help educate and support parents who feel, that their school aged children maybe experiencing anxiety.

Topics to be covered include:

- Understanding anxiety and normal childhood development
- How personality and environment contribute
- The signs and symptoms in your children
- Types of anxiety disorders
- Methods and strategies to help support your children
- Tips on building resilience
- Where to go for more information/help

Date: Friday 2nd of August
Time: 10.30am to 12.00pm
Venue: Activity Room 2, Benalla Health: 45-63 Coster St, Benalla,
COST: **FREE & BOOKINGS ESSENTIAL**

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

