



Meet Anxiety

Sutherland Shire
Residents Only

\$20 enrolment

Wednesdays for 3 weeks
7- 8.30pm
Held online via Zoom.

TERM 1

Session 1: 4th March 2025
Session 2: 11th March 2025
Session 3: 18th March 2025

Please note, payment of
\$20 is due at time of
registration.

If cost is a barrier, please
don't hesitate to contact
us via phone or email.
(02) 9528 2933
info@thefamilyco.org.au

Meet Anxiety

A 3-WEEK ONLINE PARENT EDUCATION
COURSE TO HELP YOU SUPPORT YOUR KIDS

Helping parents identify and manage
their child's anxiety and related
behaviours, and building resilience
skills in school aged children.

- Learn how to support your child to better manage their anxious thoughts.
- Learn about children's brain development and nervous system, including where fear and anxiety originate.
- Learn practical strategies and mindfulness exercises you can use to safely challenge your child's anxious thoughts.
- Learn how to help your child regulate their nervous system and manage anxious feelings, to build long term resilience.

The
Family
Co.

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