

# SUPPORTING THE ANXIOUS CHILD

For parents and carers of children aged 3 – 12 years

**This free online session is designed for parents of children who present with behaviours that are often associated with feelings of anxiousness**



**These behaviours can include difficulties separating from caregivers, excessive worrying, fears & phobias or a reluctance to participate or engage in social activities or attend school**

**This workshop will discuss:**

- The different ways these feelings can manifest
- The impact of COVID-19 on social emotional development
- When parents should seek professional help.

**MONDAY  
17 AUGUST**

**6:30 PM – 7:30 PM**

[Online \(link will be sent\).](#)

Register [here](#)



**This session, facilitated by psychologist Marina Bailey, will also examine how parents can support their child, without reinforcing avoidance or unhelpful ways of coping.**