FREE PARENTING WORKSHOP
FOR JACARANDA WOMEN'S HUB

Helping Children and Young People Manage Emotions:

Anxiety



Is your child struggling with ongoing worries, anxiety and other big emotions?

This workshop will provide practical, positive strategies to help you recognise and understand your child's feelings, and help your child build emotional resilience.

This workshop aims to help parents/carers to:

- Understand emotions in children, and how they show up.
- Understand child development, the developing brain and how this impacts your child's ability to cope
- Understand the importance of our "window of tolerance" tool.
- Support your child with regulating their emotions.
- Learn how to help your child be their calm self.

This FREE session will be run by a Family Relationship Therapist from Interrelate - a not-for-profit organisation that specialises in supporting people with healthy relationships, family wellbeing, and related life challenges.

Cost
FREE

What
1 x 1 hr session

When
Thursday 12th Nov 2026
10.00am

Where
Jacaranda Women's Hub
21A Dalley Avenue Pagewood

Register
Please email Interrelate on caringbah@interrelate.org.au or call 8522 4400

interrelate

JACARANDA WOMEN'S HUB

Local women supporting local women
Like us on Facebook to keep up with our Activities Schedule, we'd love you to join us.
21A Dalley Ave, Pagewood, behind Pagewood Public School