

Supporting your Child Experiencing Anxiety.

**Reducing anxiety and
building resilience**

**For Parents/Carers of children
with anxiety**

Supporting children to manage anxiety can be challenging. Anxiety can display in our children in many ways, impacting various aspects of life. This program will provide support to parents, assisting them to understand anxiety, how it can impact children and how you can support your child through it.

What will I learn?

- What is anxiety
- How anxiety can affect the brain
- How to face our anxieties
- How to build resilience
- Strategies to support your child
- How to talk to others about your child's anxiety & 'triggers'

Funded by the Australian Government Department of Social Services. Go to www.dss.gov.au for more information.

**For more information or
to make a booking**

intakeservice@catholiccare.dow.org.au
(02) 4254 9395

catholiccare.dow.org.au

catholiccare

**Always
connected.**

