



# ANXIETY

## in Young Children (4-8years)

with Lynne Kennedy

Fearful and anxious behaviour is common in young children, especially as they come across new situations and experiences. Most children learn to cope with different fears and worries; however, some children react more quickly or intensely to situations they find threatening and find it hard to get their anxious feelings under control.

In this workshop, we will explore ways to help our children manage their fears and gain the confidence to deal with situations as they arise.

Thursday 16th May - 7.00pm to 8.30pm

Cire Community Hub - Yarra Junction, 2463 Warburton Hwy, Yarra Junction

Monday 24th June - 7.00pm to 8.30pm

Chirnside Park Community Hub, 33 Kimberley Drive, Chirnside Park

Cost: \$10 per person (payment required prior to event)

For further information or to book call 1300 835 235



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