

# Supporting Your Anxious Child

For parents and carers

Are you concerned that your child seems overly worried or anxious? Do they often complain of stomach pains or of feeling sick? Do they often seem irritable, regularly having emotional outbursts? Then they may be experiencing anxiety.

This workshop explores anxiety in an easy to understand format and gives you strategies to support your anxious child. We will cover:

- Recognising the signs and symptoms of anxiety
- What causes anxiety
- How we can support our children when they become anxious
- Understanding our own reactions to our child's behaviour and fears
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**Where:** WEST LEEDERVILLE - Level 1, 22 Southport Street

**When:** Wednesday 28 April 2021

OR

**Where:** ONLINE - Zoom Session

**When:** Monday 14 June 2021

**Time:** 6.30pm to 9pm

**Cost:** \$30 per person

**Bookings are required. Please phone (08) 6164 0200 to enrol.**

Please note **Online** sessions are interactive and to attend the minimum requirement will be a Computer/Laptop/Tablet with webcam and microphone.

For more information about our courses and workshops, please click [here](#) or visit [www.relationshipswa.org.au](http://www.relationshipswa.org.au)