NO WORRIES?
Helping Anxious Kids

How can we help children and teens to reduce their anxiety? What skills can we teach them so that they know how to calm themselves?

Explore stories, books, workbooks, cds, cards and other useful resources that enable anxieties and worries to be discussed and addressed.

With Don Grose, psychologist
Rosemary Allen, teacher and librarian

BOOK NOW
9813 2533

BOOKINGS ARE ESSENTIAL
Wednesday, 18 March (fully booked)
Wednesday 25 March
7.00 - 9.00 pm
Anglicare
47 Castella Street, Lilydale

PRICE $20.00

For Counsellors, Parents, Teachers

PEOPLEMAKING
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