



## Parenting Anxious Kids

### A Parents Building Solutions single session

- Help your child deal with anxious feelings?
- Help your child build resilience?
- Do you want to improve your child's confidence and self esteem?

**DATES:** Monday 7th December 2020

**TIME:** 10:30am to 12:30pm

**WHERE:** Online via Zoom

**COST:** FREE. Bookings essential.

Come along to this session to learn strategies, share stories and take some time out for you!

For bookings & enquiries contact:  
Parentzone Gippsland on 03 5135 9555 or email  
[parentzone.gippsland@anglicarevic.org.au](mailto:parentzone.gippsland@anglicarevic.org.au)