



## Alleviate Your Child's Anxiety Interactive Online Workshop

Join Laurie Arrowsmith from Eastern ParentZone for a 2-hour interactive parenting workshop.

Discover the causes of anxiety and learn a parent-led approach to alleviating your child's worries.

Learn the skills of resilience, and strategies to help your child obtain a more resilient mindset.

Suitable for parents and carers of children aged 5 to 12 years.

**Questions?** Email Laurie at:  
laurie.arrowsmith@anglicarevic.org.au

**When:** Tuesday 31st August 2021

**Time:** 12:00 to 2:00 pm

**Where:** Online via Zoom.

**Cost:** Free of charge for parents and carers in Melbourne's Eastern Region.

**Limited Places. Bookings Essential:**

<https://www.trybooking.com/BRXHT>

**Please note:** This parenting workshop includes group discussions and activities. You will need a device that has access to video and audio, as well as a quiet child-free place to be able to participate.

**PARENTZONE**