



Parenting Anxious Kids

A Parents Building Solutions single session

Do you want to:

- Know how to respond when your child gets overwhelmed?
- Help your child to regulate their emotions?
- Support your child with their challenges?

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

DATES: Monday 7th February 2022

TIME: 10:30am to 12:30pm

WHERE: Online via Zoom

COST: FREE. Bookings essential.

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