



Parenting Anxious Children

A 6-week program for parents of 4 to 12 year olds

- Learn parenting strategies to help your child deal with worry, fear and anger
- Learn how to emotion coach your child, set boundaries and find solutions for challenging behaviours
- Teach your child the skills of resilience to bounce back from life's challenges both at school and at home
- Connect with other parents in your school community

When: Tuesday May 13th to June 24th 2025
(No session will run on Tuesday June 10th)

Time: 9:30 am to 11:30 am

Where: Boronia Heights Primary School

Cost: Free to attend (bookings essential)

Enquiries: sharon.muir@anglicarevic.org.au

Registration: [Click here](#) or scan QR code

Please note: This is a parenting program, so not appropriate for children to attend.



PARENTZONE

BETTER
TOMORROWS