



# Parenting Anxious Children

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

- Learn parenting strategies to help your child deal with uncomfortable emotions such as fear and anger
- Support your child to cope with life's challenges both at school and at home
- Set boundaries and find solutions for challenging behaviours
- Teach your child the skills of resilience to bounce back from adversity

**Please Note:** Parenting Anxious Children is a six-week interactive program. To participate, you'll need a device with video and audio capabilities.

**When:** Thursday mornings (6 sessions)

**Dates:** May 8th to June 12th 2025

**Time:** 10:00 am to 12:00 pm

**Where:** Online via Zoom

**Cost:** Free to attend

**Enquiries:** [sharon.muir@anglicarevic.org.au](mailto:sharon.muir@anglicarevic.org.au)

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



**PARENT**ZONE



**BETTER  
TOMORROWS**