Anxiety in Children and Teens
How to empower children and teens to deal with Anxiety in ways that strengthen them

Wednesday
7th June 2017
7.00pm - 9.30pm

Southern Peninsula Arts Centre
Rosebud Secondary College
245 Eastbourne Rd, Rosebud

Tickets: $15 each
Available online at www.trybooking.com/279851

Presented by Karen Young
As a Psychologist, Karen worked extensively with Anxiety. She is the founder of ‘Hey Sigmund’ and the author of ‘Hey Warrior’, a book for children with anxiety

- Powerful ways for kids and teens to be the ‘boss of their brains’ and put anxiety in its place
- Powerful strategies for children, teens, parents and teachers to deal with anxiety at drop off, at school, and in the classroom
- How to redirect difficult or ‘less adorable’ behaviour without fuelling anxiety or triggering shame
- Simple ways to ease anxiety in very young children
- Proven ways to calm and strengthen an anxious brain
- How mindfulness changes the brain in ways that strengthen it against anxiety and fun ways to practice it
- As anxiety can make them feel ‘ugh’, how to strengthen their confidence
- How to respond to anxiety in the moment
- Why anxiety might look like anger, tantrums or meltdowns – and what to do
- Why anxiety might be misdiagnosed as ADHD, and how to tell the difference
- Specific fears and phobias and how to deal with these
- How to take the stress out of bedtimes and sleep
- And more...

For more information, contact Meaghan at asard.sg@gmail.com

IDEAL FOR: Parents, teenagers, teachers, educational assistants and other professionals to understand and support children and teens with anxiety

PROUDLY SUPPORTED BY:

Copies of Hey Warrior will be on sale on the night