

Hopefield



Community Education

Understanding and Managing Anxiety in Children

MONDAY, 08 MARCH 2021 @ 7PM UNDERSTANDING & MANAGING ANXIETY IN CHILDREN

Kerry Moss is an author and educator at Hopefield and also works in a primary school, supporting children, parents and staff with mental health and wellbeing. Trained in various parenting programs, she is drawing on many years of experience to present this online community education session to help parents understand and manage anxiety in their children. She will explore the physical, emotional and relational effects of anxiety on children and parents and most importantly, offer strategies for supporting children through anxious moments. This talk will also highlight the effects of recent events, such as COVID-19 on child and family wellbeing. 1.5 hours. \$10 per screen.

To book your tickets follow this link to Trybooking:

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

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