

# Kids and Anxiety

Information evening  
for parents and carers.



**A free presentation to assist parents and carers to understand anxiety, behaviours and protective factors for their young children.**

- normalising emotional experiences, such as feeling anxious
- the risk and protective factors for healthy emotional development
- the importance of developing social and emotional skills to prevent emotional distress
- why building resilience in the family is important



**Monday**  
14 August 2017



**Quest Apartments**  
22 Flinders Ln, Rockingham



**6pm - 7.30pm**



**Light refreshments  
will be provided**

**Bookings are essential.**

To book please contact Olivia Forsdike at the City of Rockingham on **9528 0333** or **customer@rockingham.wa.gov.au**



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