

Small changes,  
big differences.



## ASHS OPEN NIGHT OPPORTUNITY FEAR-LESS SEMINAR

Appropriate for parents of children and teenagers aged 6-14 years

Everyone experiences anxiety occasionally. Anxiety is a normal response that can be helpful and typically passes quickly. However, anxiety can sometimes get overwhelming. Learning to manage anxiety effectively is a vital life skill.

**This FREE two-hour seminar, presented by our School Psychologist offers information about:**

- ✓ Key anxiety-management skills that parents can teach children
- ✓ An understanding of how anxiety works
- ✓ Knowledge of how to help children develop coping skills and face feared situations
- ✓ How to manage children's anxious behaviour effectively

**Thursday 29 July 2021  
Room 18 @ ASHS  
Time: 4.00 -6.00 pm**

Baked goods will be provided by the presenter 😊

You can book your FREE seminar now by:

1. Complete the booking form online <https://forms.office.com/r/dkV0Zh7u8x> or
2. Phone our friendly Administration staff 9841 0444

*\*No child-minding available. It is recommended that children are not brought along to the sessions.*



[www.triplep-parenting.net.au/wa](http://www.triplep-parenting.net.au/wa)