Understanding and Managing Anxiety in Children (aged 2-12)

This is a not-to-be-missed event presented by trusted Child Psychiatrist, Dr Kaylene Henderson.

In this helpful 90 minute seminar, you will learn:

• How to connect with your child to promote emotional resilience
• The different ways in which anxiety presents
• Practical strategies to help your child tackle their anxiety
• When to seek professional assistance

Dr Kaylene Henderson is a warm and engaging speaker. As a medical specialist and mother of three young children, she imparts practical, research based advice that helps parents to feel more confident and capable in their important role. www.drkaylenehenderson.com

Who should attend: Parents of 2-12's

Venue: Lecture Theatre, Lindisfarne Anglican Grammar School, Mahers Lane Campus, 86 Mahers Lane, Terranora

When: Tuesday 18 October 2016
Doors open at 6.45pm NSW time (5.45pm QLD time)
Seminar from 7pm-8.30pm NSW time (6pm-7.30pm QLD time)

Bookings:
Lindisfarne parents and staff, go to: www.trybooking.com/223714
For general public bookings, go to: www.trybooking.com/223297