RECOGNISING ANXIETY

Creative ways parents/guardians can assist their children in managing anxious situations

Monday 10 November 2014
1:00 – 2:00 pm
in the MAC Aqua classroom

Guest Speaker – Cindy Nicollet

Cindy Nicollet is the Manager of OnPsych in Queensland. Her discussion focuses on teaching parents the meaning behind different types of anxieties and ways to predict and manage those anxious outbursts through challenging negative thinking and using creative tips. This will assist children to overcome a wide range of difficulties, ensuring ongoing emotional resilience, wellbeing and improved self-confidence.

PLEASE RSVP

___________________________________________________________
PARENT FORUM, Monday November 10, 2014
Please return to the Humpybong State School office no later than Friday, November 7.

I/We __________________________________________________________ will be attending the

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Signature/s

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Date