



PARENTS BUILDING SOLUTIONS DEALING WITH THE STRESS & ANXIETY OF STARTING SECONDARY SCHOOL

FOR PARENTS AND CARERS OF YEAR 6 & 7 STUDENTS

TOPICS INCLUDE -

- **Common anxiety, worries and fears about transition and change**
- **Where do stress and anxiety come from?**
- **What are the triggers and signs in young people?**
- **How can parents help young people cope with their feelings and emotions?**
- **Where can parents get support?**

Join us in an interactive workshop for parents to share and learn new ideas and strategies to support their child's transition to secondary school. Refreshments provided.

WHEN: Tuesday, 7 June

TIME: 6pm to 8pm

WHERE: Elizabeth Murdoch Secondary School
80 Warrandyte Road, Langwarrin

COST: **FREE of Charge.**
Bookings are essential.

Receive Certificate of Participation

BOOKINGS:

To book or for more information contact Barbara on 9781 6787 or 0458 750 754
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