

Dealing with child and Parent Anxiety after COVID.



FREE ONLINE WEBINAR FOR PARENTS

SESSION DATES: FRIDAY 15/ 10/ 21 - 22/10/21 - 29/10/202

TIME: 10:30 AM TO 12:00PM

Session One: Children returning to school: How to help children build social skills and techniques to help your child conquer 'the return to school' anxiety.

Session Two: How to recognize signs of physical and psychological stress

Session Three: What is chronic fatigue and burnout? guided relaxation, and breathing techniques.

TO REGISTER (click on the link below)

<https://www.eventbrite.com.au/e/dealing-with-child-and-parent-anxiety-after-covid-tickets-188017414147>

All sessions provide an opportunity for personal discussion.

Facilitator : Social Psychologist Petra Will-Herat

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