

Free Workshop for Parents



Managing Anxiety and Building Resilience in Your Children and Teens

Dates: Children focused workshop - Tuesday 13 November 2018, 6.30pm - 8.00pm
Teen focused workshop - Tuesday 27 November 2018, 6.30pm - 8.00pm

Cost: Free (Cancellation fee may apply)

Venue: MHERC, 116 Marshland Road, Shirley, Christchurch

Refreshments provided

This workshop will help participants to understand anxiety in children and teens. Learn about different strategies and skills to help your young person manage anxiety/stress, and help them build resiliency.

- Understand how anxiety works in the body and mind
- Feel more confident to manage anxiety in your young people
- Understand resilience and building resilience in your children/teens
- Parenting strategies and skills to support children/teens
- Share and discuss with other parents and build shared knowledge in a confidential setting
- Take-away resources and ideas

Learn more about this workshop
or register at www.mherc.org.nz