



Tools for Parents®

Richmond Community Services Inc. is pleased to be able to offer a **FREE** group with **FREE** childcare

For parents/primary carers of children 0-12years

Helping the Anxious Child

In this workshop parents can learn:

- Strategies for parents as well as children, in managing children's anxiety
- How teaching your child strategies can help settle anxiety
- To understand better what may be behind anxiety in children
- The importance of 'listening' with the anxious child

Wednesday 13th September 2023

6:30—9pm

BOOKING ESSENTIAL! 02 4588 3502

Email: admin@rcsi.ngo.org.au

**At: Richmond Neighbourhood Centre
20 West Market Street, Richmond, NSW 2753**

...making a difference...



The project is funded by the Australian Government's continuation funding of the 'Tools for Parents' project — to provide free workshops and ongoing courses designed to help parents/primary carers of children 0—12 years develop better relationships between themselves and with their children —and to enhance parenting skills. Richmond Community Services Inc. purchases group and workshop facilitation from Windsor Professional Centre and childcare services from Hawkesbury Community Outreach Mobile Minders Service for the project and is delighted to offer them free to participants.

