



# Tools for Parents<sup>©</sup>

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

## Navigating Your Childs Anxiety Through Primary School

In this workshop parents can learn:

- Strategies for parents and their primary school children to manage anxiety
- Explore the triggers for anxiety and how to minimise them
- An understanding of childhood anxiety
- Effective communication with your anxious child
- Exploring techniques for your child to use at school to cope with anxiety



**Wednesday 21st February 2024**

**6.30-9pm**

**BOOKING ESSENTIAL! 02 4588 3502**

**Email: [admin@rcsi.ngo.org.au](mailto:admin@rcsi.ngo.org.au)**

**At: Richmond Neighbourhood Centre**

**20 West Market Street, Richmond, NSW 2753**

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.

