

Stephanie Pinto

From Anxiety to Calm

A workshop for parents and carers of Worriers and Sensitive Kids



In this workshop with Stephanie Pinto, parents and carers of anxious or sensitive children will discover practical, actionable strategies to ease worries, address fears, and support emotional development. Participants will be empowered to help their children manage anxiety, build confidence, and thrive in everyday life.

**Thursday
21 November 2024
10am - 12pm**



Contact us for more information or to book into this workshop



**Richmond
Community
Services Inc**

Bookings essential

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