



# 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

## 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 6th May 2020**

**10am—12.30pm**

**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**

*...making a difference...*



The project is funded by the Australian Government's continuation funding of the 'Tools for Parents' project until June 2017— 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 Minds Service for the project and is delighted to offer them free to participants.

