Richmond Community Services Inc. in partnership with Windsor Professional Centre is pleased to be able to offer a

FREE group for parents with anxiety

Parenting With Anxiety

For parents who struggle with anxiety whilst caring for children in their home this workshop will provide tools and insights to prevent their own high levels of anxiety impacting on their parenting. The group will cover:

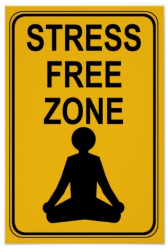
- Warning signs parent anxiety is affecting children
- Sorting out when anxiety levels are appropriate and when they are not
- Recognising common thinking errors that increase anxiety
- Self-talk and other techniques to reduce anxiety
- Structuring home environments and expectations to reduce anxiety
- Web resources and where to go to get extra help

Weds 1st November 2017—6.30-9pm

BOOKING ESSENTIAL! 02 4588 3555

Email: admin@rcsi.ngo.org.au

At: Richmond Neighbourhood Centre

20 West Market Street, Richmond, NSW 2753

WINDSOR PROFESSIONAL CENTRE