



YOUTH ANXIETY

Information Workshop

**SATURDAY 12TH AUGUST
3.00PM TO 5.00PM**

FOR PARENTS + TEENS

This is a free event for parents and young people over 13 years of age to raise awareness about youth anxiety.

SPLIT SESSIONS

A session for parents and a session for young people (with a therapy dog!) will run at the same time.

VENUE

Templer Community Hall
51 Elizabeth Street, Bayswater
Refreshments provided

HELP SOMEONE YOU KNOW

Anxiety disorders are the most common mental health issue experienced by young Australians. Join us for a psychologist-run informative workshop to learn how to recognise the symptoms of anxiety in your friends and family and what you can do to support a young person you know. All participants will receive take home resources. *No bookings required.*

**For more information, contact
Martina Eaton on 0433 335 815.**