# Parenting Anxious Children

**SEMINAR FOR PARENTS - TERM 1, 2016**

A seminar for parents of children aged 4-10 yrs discussing:

- The nature of anxiety and the different ways it may present in children, risk factors and potential implications for parents and children, as well as identification of practical strategies & resources to assist.

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<th>Thursday 10 March</th>
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<td>Time: 10am-12pm</td>
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- The seminar will be facilitated by CYMHS staff (which includes Psychologists, Social Workers & family therapists).
- The seminar will be run at Hillview Community Health Centre 1334 Pacific Highway Turramurra. Entry via Boyd Ave. Please allow enough time for parking and arrive 10 minutes before the registered start time.
- Unfortunately, we cannot provide childcare facilities and are unable to have infants/children attend with their parents.
- The seminar is available to families who live in the Hornsby Ku-Ring-Gai local government area.
- The cost of the seminar is $10 but there will be no charge for concession card holders.
- Registration is essential as groups fill quickly.
- To confirm your place please call CYMHS on 9485 6155.
- Participants will be asked to complete feedback forms.
- The service reserves the right to postpone or cancel seminars in the case of insufficient registrations.