

# Supporting your anxious child

## FREE INFORMATION SESSION

Families Together in partnership with Fairfield Community Health Centre invites mothers, fathers, carers and grandparents with children up to the age of 12 to this information session presented by

**Patricia Aguayo**  
**Senior Clinical Psychologist**  
**Child and Family Psychology Manager**  
**South Western Sydney Local Health District**

Anxiety is normal. It is the brain's way to alert us to possible danger. Anxiety becomes a problem when it is experienced frequently, intensely and interferes with a child's ability to function.

This seminar will provide information about the causes of anxiety and how to help children manage.

Common anxiety issues in children will be discussed like separation anxiety, shyness, selective mutism and general anxiety.

**Thursday 22 February 2018**

**6.30-8.30pm**

**Elizabeth Room**

**Mount Pritchard and District Community Club (Mounties)**

**101 Meadows Road**

**Mount Pritchard**

**Bookings are essential and places are limited. Please call 0407 708 626 to book your place.**

Families Together is for mothers, fathers, grandparents and carers living in the Fairfield, Liverpool and the former Bankstown local government areas. Children's services workers, teachers, family support workers and other professionals will not be given a place.

**Child minding is not available for this information session.**

**If you require childminding you are able to book your child in to Mounties Minis in advance on 9822 3511, as places fill quickly.**

Please note if you do not wish to receive these fliers or would like to have them emailed to you please contact the number above.