



St Gregory's Primary School

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Supporting Children with Anxiety A Workshop for Parents

After successful workshops last year Nicole Tetley our School Counsellor from Catholic Care is again facilitating the 2 workshops for parents/carers around Anxiety. The workshops will be held on two consecutive Tuesday evenings. It is important to attend both workshops. If this time does not suit and there is enough interest the workshops will be repeated possibly at Lowe Street.

Dates: Tuesday 6th March and Tuesday 13th March

Time: 6.30 pm till 8.00 pm

Location: MacQuoid Street Campus

Do you suspect your child suffers from Anxiety? Not sure how you can support them?

Workshop 1 will provide an introduction to

- What is Anxiety and what are worries
- Understanding Anxiety
- Symptoms of Anxiety
- Introduction to some strategies to assist in anxiety



Workshop 2

- Exploration of strategies to assist Anxiety

Please return the RSVP form below to either school office by Tuesday 27th February


I will be attending the 2 workshops (06/03 and 13/03)

Name Contact Number

If you are unable to attend but would like the workshops to be repeated, please indicate times that would be more accessible. (please note that Nicole is at St Greg's on Tuesday and every 2nd Wednesday)

I would like consideration to be given to conducting workshops around the following topics i.e. bullying, body image, resilience etc.

Yours sincerely,


Claire Frazer
Principal
Tuesday 13th February 2018