

Welcome to families from our local schools!

# Anxious Kids

Dr Jodi Richardson



**WEDNESDAY 1st MARCH 5.30pm**

at McClelland Secondary College

RSVP by February 22nd using the COMPASS link below.

<https://compasstix.com/e/v3onaj1m03>

**Moving kids from anxiety to resilience—based on the book co-authored by Michael Grose and Dr Jodi Richardson**

Anxiety is currently taking a heavy toll on Australian children and young people. It's now the leading cause of ill health in girls from four to 18 and beyond. And boys aren't faring much better either. Fortunately, parents are well-placed to pass on the skills and tools kids need to manage their anxiety and develop lasting resilience.

This presentation will help parents to recognise and understand anxiety, how it impacts on learning and wellbeing, and practical steps to lessen its impact on a child's and family's life.

In this presentation you'll learn:

- What happens in the brain of an anxious child
- The difference between anxiety and an anxiety disorder
- Why avoidance is common among anxious kids and what to do about it
- Thinking skills to teach your worrier
- Tools to help kids manage anxiety
- How to respond to a child in the midst of an anxious moment

Jodi and Michael's  
Book will be available  
for purchase on the  
night!