



# THE WAY

**Wellbeing** YOUR CHILD'S  
**MATTERS**

**POSITIVE PARENTING  
IN AN AGE  
OF ANXIETY**

UNDERSTANDING ANXIETY  
& SELF-REGULATION IN  
YOUNG PEOPLE

**WEDNESDAY 11 APRIL 2018 @ 7.30PM**

THOMAS HASSALL ANGLICAN COLLEGE  
A MORE EXCELLENT WAY

LEARNING | WISDOM | SERVICE

## WELLBEING MATTERS EVENT - 11 APRIL 2018

Understanding anxiety and self regulation in young people.

An event for all stages of parenting.

# YOUR CHILD'S *Wellbeing* MATTERS



LEARNING | WISDOM | SERVICE

## POSITIVE PARENTING IN AN AGE OF ANXIETY

UNDERSTANDING ANXIETY & SELF-REGULATION IN YOUNG PEOPLE

**WEDNESDAY 11 APRIL @ 7.30PM**

ANNE MARSDEN CENTRE - AMPLE PARKING

Anxiety has quickly become the most common mental health issue on the planet. Some of the symptoms of anxiety can be quite intrusive and disrupt the quality of life at any age.

How and why have we seen such a dramatic shift in this issue?

How is it affecting our young people in our care?

What can we do about it?

Come and hear from clinical psychologist, Colleen Hirst. Colleen has been working in the field of mental health for over 30 years and comes to us with a wealth of experience. She is passionate about connecting with people and developing positive strategies around mental health and wellbeing.



Here's what we'll cover:

- The 6 most common childhood anxiety disorders
- Anxiety symptoms at each developmental stage
- Where does anxiety come from – nobody is born with an anxiety disorder!
- Understanding how the brain works
- Strategies for developing healthy thinking
- Using skills to manage anxiety

We are pleased to present to the Thomas Hassall community our next 'Wellbeing Matters' event.

The purpose of these events are to help inform and equip parents about important wellbeing issues affecting their children.

Please go to [trybooking.com/UQNL](https://trybooking.com/UQNL) to book your tickets to attend.

**FREE ENTRY ALL WELCOME**

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