THE WAY

TERM 1 | THE WAY NEWSLETTER | FRIDAY 13 FEBRUARY 2026



DR JUSTIN COULSON PRESENTS

It's heartbreaking to see our kids struggling with anxiety. The statistics paint a stark picture: anxiety disorders are on the rise, affecting approximately one in seven primary school children and one in four adolescents. We see our kids burdened by fears and worries, their confidence fading, and sometimes even experiencing panic attacks. As parents, we desperately want to help but often feel lost or unsure of what to do.

Anxious: Helping Your Child Navigate a World of Worry offers a lifeline . In this presentation, Dr Justin Coulson will unpack what anxiety looks like in children and provide you with simple, practical strategies that are both clinically proven and easy to implement at home.

Empower yourself with the knowledge and tools to support your child's emotional wellbeing and help them build resilience in the face of anxiety.

John Lambert Auditorium
Date: Thursday 19 February 2026
Time: 6:30pm
Parking will be available onsite

This is a free event, bookings are now open and are essential.

Book Here

Copyright Thomas Hassall Anglican College. All Rights Reserved. 125 Kingsford Smith Ave, Middleton Grange NSW 2171