THE WAY

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ANXIOUS WITH DR JUSTIN COULSON

Last week, we had the privilege of hosting Dr Justin Coulson in the John Lambert Auditorium for an insightful parent session titled Anxious: Helping Your Child Navigate a World of Worry.

It was a fantastic evening where Dr Coulson shared a wealth of practical, clinically backed strategies to support children experiencing anxiety. His expertise provided our community with valuable, actionable tools to help our students build resilience and confidently navigate the challenges of growing up.

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We want to extend a big thank you to Dr Coulson for visiting the College and sharing his knowledge with us. Thank you also to all the parents who took the time out of their busy schedules to join us.

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