



Help your child develop a positive mindset, beat worry and stress

FREE INFORMATION SESSION

Lansvale Public School in partnership with Families Together invites mothers, fathers, carers and grandparents with children up to the age of 6 to this information session presented by

Megan Taylor
Clinical Psychologist

This information session aims to inform parents about the nature of anxiety and to give parents practical strategies to work with their children in reducing anxious thoughts and behaviour. This session is suitable for parents with children up to the age of 6 years. Strategies presented will be general.

The information session will also look at ideas for parenting in a way which encourages confidence, resilience and a positive outlook as well as recognising the difference between normal and problem anxiety.

Wednesday 10 April 2019

9.15am - 11.15am

Lansvale Public School, 37- 45 Chancery Street, Canley Vale

Interpreters will be available at this parenting information session in Arabic and Vietnamese.

Families Together is for mothers, fathers, grandparents and carers living in the Fairfield, Liverpool and the former Bankstown local government areas.

Please fill in the slip below and return to Rose Raslan at Lansvale Public School or alternatively you can call Families Together on 0407 708 626 to book your place or register through www.fairfieldcity.nsw.gov.au/positivemindset



I will be attending the Help your child develop a positive mindset, beat worry and stress information session at Lansvale Public school on Wednesday 10 April 2019 from 9.15am to 11.15am.

Parent/Caregiver's name: _____

Contact number: _____



Families Together is a program of Fairfield City Council funded by the NSW Department of Education