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# SUPPORTING YOUR CHILD WITH ANXIETY



A **COMPLIMENTARY WEBINAR** FOR PARENTS

Spot the signs and learn practical strategies for best supporting your child with fear and worry!

Hosted by Clinical Psychologist and Founder of *Head into Healing*, Dr Nicole Sokol, this engaging webinar is aimed at building your confidence in supporting your child with feelings of anxiety.

You will learn what to look out for, what language to use, and what practical strategies to draw upon in anticipation of anxiety-provoking situations and in anxious moments themselves.

**Time:** 7–8pm AEST

**Date:** Tuesday, 23 July 2024

**REGISTER NOW!**

Scan the QR Code to Register



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