



**MIDVALE HUB  
PARENTING SERVICE  
PERTH NORTH EAST**

# Anxiety & Your Child

For parents and carers of children aged 4 - 12 years, who reside in the local government areas of Mundaring, Swan, Bassendean & Bayswater



This workshop aims to explore and give an understanding of what anxiety is.

We will discuss:

- signs & symptoms of anxiety
- how we can support our child
- understanding our own reactions

**Brockman Community House  
181 Altone Road, Beechboro**

**Tuesday - 20 August, 2024**

**9.30am - 11.30am**

**FREE - Registration is essential  
Only 12 Places available.**

**Crèche - Not available for this  
workshop**

For more information and to register:

Scan the QR code or

Midvale Hub Parenting Service (Perth North East)

Telephone: (08) 9290 6827

Email: [parentingservice@mundaring.wa.gov.au](mailto:parentingservice@mundaring.wa.gov.au)



**Brockman  
Community  
House**

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Shire of Mundaring Children's Services