



**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



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

Maylands Public Library

28 Eighth Ave, Maylands

Wednesday - 31 July, 2024 - 9.30am - 11.30am

FREE - Registration is essential

Only 12 Places available.

Crèche - Bookings essential. Limited places available at 'The RISE' for a minimal fee.

Please enrol at

www.bayswaterrecreation.com.au/the-rise-creche and follow the booking instructions.

Online bookings can be made up to 7 days in advance.

Phone: 9208 2414 during Crèche hours



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Supported by



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Shire of Mundaring Children's Services