Anxiety Panel

Due to many factors, including busy and fast paced lifestyles, anxiety is becoming much more common in younger children, adolescents and adults. Come and join a discussion panel of counsellors, teachers, paediatrician and psychologist about the signs of anxiety in children, practical strategies to help children who may be experiencing anxiety and where to go for help.

When: Tuesday 17th November, 2015
Time: 6:00 pm for 6:30 start (supper provided)
Venue: St Joseph’s Alstonville School Hall

Panel Chair - Danny Rankin (CSO Lismore)

PANEL MEMBERS
Vanessa Miller (Masters in Guidance Counselling)
Denise Adams (Trained teacher, Gestalt Therapist & Counsellor)
Lyn O’Neill (Trained teacher and School Counsellor)
Ian Avila (Clinical Psychologist- Child & Family)
Meghan Williams (Aspect Site Co-ordinator, Teacher)
Ulrike Schmidt (local Paediatrician)

Register at:
https://goo.gl/jz1xq2
email: sjpalst@lism.catholic.edu.au
Mob: 0413761177 (Karen)
St Joseph’s Alstonville 6628 1009
BABY SITTING Available

Panel presenting on
1. Identify what anxiety is, who can be affected?
2. What are the ages and stages related to anxiety?
3. When does anxiety present as a problem?
4. How does anxiety this manifests in children.
5. Where can I get support and what strategies can I use to support my child?