



KHPS presents ...

Free on-site session!

Anxiety in Children

A Free Workshop for Parents

Anxiety affects everyone, including our kids. Sometimes it becomes a significant issue for families. Do you have the tools to address anxiety when it occurs?



Covering:

- What is Anxiety:
Causes, symptoms, purpose
- Parenting Traps
Parenting habits that perpetuate anxiety
- Parenting Tips
Habits and techniques that can help our kids manage anxiety when it occurs

Presenter:

KHPS Student Support Officer, Mrs Sonia Brooke
(BEd, GradDip (Psych), MCoun)
(Mother, Teacher & Counsellor)

Session Details:

Thursday, 23rd October
2025 at 5 PM

ENROL :

