



## Free Seminar for Parents Anxiety in Children: Knowing the signs Learning the strategies

### The seminar will cover the following topics:

- ✓ Learn how to recognise the signs & disguises of anxiety in children
- ✓ Learn how to recognise the impact of anxiety on children
- ✓ Learn how to recognise common thinking problems that create anxiety in children
- ✓ Learn 5 strategies to assist children to better manage anxiety

### Presenter: Renae Kurth

Renae Kurth is a registered Psychologist in Queensland. She has worked in the field of counselling and psychology for over a decade. She specialises in counselling with children, adolescents, parents and families and is an accredited Triple P practitioner. Renae also has experience working with adults on a broad range of issues such as anxiety and depression, relationship difficulties, stress, grief and loss, and life-stage changes.

### Seminar Details:

<b>Date</b>	Tuesday 13 <sup>th</sup> October, 2009
<b>Time</b>	7.30pm – 8.30 pm. Light refreshments provided
<b>Venue</b>	Our Lady of the Way Community Centre, 38 Armstrong St, Petrie Free parking available.
<b>Cost</b>	FREE
<b>Registration</b>	Contact Ahead Psychology on 3352 3577 or email <a href="mailto:reception@aheadpsych.com.au">reception@aheadpsych.com.au</a>
<b>RSVP</b>	Friday 9 <sup>th</sup> October, 2009