Supporting Your Child Through Distress & Anxiety

The Family Psychology Centre presents this **free event** to the local community

Does your child...
- worry excessively?
- repeatedly seek reassurance?
- have particular fears?
- seem particularly shy or nervous?
- have difficulty being away from parents?
- have trouble sleeping?
- have recurring headaches or stomachaches?

Join our special guest presenter, Psychologist, Dr Bridget McPherson, to explore a range of practical and effective strategies that you can implement at home with your primary school-age children. Learn how to help your child to soothe distress in the moment, calm their brain and body, and develop confident and peaceful thinking and behaviour in the long-term.

**Tuesday 11th August 2015**
7.30 - 9.00pm
Joan Kirner House
14 Thompson St, Williamstown

Please register for this **FREE** event by emailing sheri.todd@familypsychologycentre.com.au