



HOW TO BUILD COURAGE AND RESILIENCE IN CHILDREN AND TEENS

The City of Greater Geelong, together with Barwon Child and Family Services Alliance, present this session to help children and teens build courage and resilience assisting them to thrive.

Anxiety is a very normal part of being human, but for as many as one in five children it can reach intrusive levels, interfering with family life, friendships and school performance.

Karen Young, founder of “Hey Sigmund” and author of Hey Warrior series, will explore:

- a new, empowering way to understand anxiety
- what to do when anxiety hits
- how to build courage and resilience
- why anxiety might look like anger or tantrums and what to do
- how social media, friendships and the changes in the adolescent brain might contribute to anxiety and what to do.

**THURSDAY 6
OCTOBER**

7.00pm–8.30pm

VENUE

OneHope Centre
4–32 Province Boulevard, Highton

BOOKINGS

Scan the QR code.

This is a free event but tickets are required.

