



Kids and Worry

The Kids and Worry workshop explores the reasons why children worry and ways parents can support them. We discuss ideas as well as practical tools during this workshop to assist children to manage their worries.

✓ Support your child's wellbeing ✓ Learn practical skills to support mental health

Workshop date & location:

Location: Zoom

Date: Monday 6 December 2021

Time: 7pm-8:30pm (please join at 6.45pm)

Please note this is a single session workshop only.

There is no cost for this workshop.

Groups are subject to maximum and minimum numbers determined seven working days prior to the commencement date. Early registration is encouraged.

RSVP:

St Kilian's General Office

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Kid's and Worry
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