

2020 Community Seminar Series

Seminar No: 1

ANXIETY IN PRIMARY AGED CHILDREN

DATE THURSDAY 12 MARCH 2020

**The workshop
will be
presented by:**

Helen Mildred, Belinda Goldsworthy & Lia Hunter
Eastern Health CYMHS/Deakin University Psychology Clinic

**This workshop
will focus on:**

Anxiety in primary school aged children can be in response to specific events, and/or develop over time. Children display anxiety through a variety of behavioural and emotional processes. This workshop aims to assist participants gain a deeper understanding regarding children's experience of anxiety and the breadth of ways they express it. Further objectives include participants identifying additional ways of responding to a child's anxiety, as well as learning ways to help children to develop skills in managing their own emotions and actions.

**Target
audience:**

Designed for health sector workers, primary school and early years staff.

Time:

9.30am to 12.30pm

Cost:

\$80.00 (including GST, seminar materials, and catered refreshments)
Upon registration, you will be invoiced prior to the event.

**Bookings &
Registration:**

Email to: communityseminarCYMHS@easternhealth.org.au
or complete the Registration Form and fax to 039870 7973

Contact:

Marion Bernard Community Engagement Seminars on 9871 7710

**Seminar
Location:**

Maroondah Federation Estate – Rooms 1&2
32 Greenwood Avenue Ringwood 3134. Melways Map Ref: 49 H10

All prices and dates quoted are subject to change by CYMHS. Seminar fees are kept as low as possible. Enrolled participants will be notified of any changes to advertised programs when necessary. Participants are not entitled to a refund unless WRITTEN cancellation has been received at least 24 hours prior to the event. The department reserves the right to cancel any scheduled programs when necessary and course fees will be refunded if the course is cancelled. www.easternhealth.org.au