

Strengthening Children and Teens Against Anxiety

This session will provide essential information and strategies to help all parents and carers support children and adolescents to build courage and resilience, uncover their strengths, and take anxiety back to small enough. We will explore fresh, innovative ways of building courage and resilience in young people, all backed by science. Most importantly, this talk will support parents and carers to discover their profound capacity to strengthen the young people in their world against anxiety, for now and the long term.

About Karen Young



Karen has worked as a psychologist in private practice, and organisational and educational settings. She is now a sought-after speaker, educator, and consultant, both at home in Australia and overseas and is the founder of 'Hey Sigmund', an internationally popular online resource that provides contemporary, research-driven information on anxiety and the neurodevelopment of children.



Wed 22 April 2026 | 6 - 7:30pm



Banksia Grove Primary School
14 Viridian Drive, Banksia Grove

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ME!



Bookings Essential.

<https://www.ngala.com.au>

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