



Child and Parent Centre
Banksia Grove



GOVERNMENT OF
WESTERN AUSTRALIA

Fear-less

for parents and carers with
children aged 4 - 12 years

Monday
25 May

12:00pm
to
2:30pm

Crèche
available

**Learn helpful strategies to support your child when
they're feeling anxious or overwhelmed.**

- ✓ Understand what anxiety is and why it happens
- ✓ Teach children simple, practical ways to manage anxiety
- ✓ Help children build coping skills and face their fears gradually
- ✓ Respond calmly and effectively to anxious behaviour

Bookings essential
call: 9367 0964
or email:
Banksiagrove@ngala.com.au

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Banksia Grove,
6031



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