



PARENT FORUM

RECOGNISING ANXIETY

Creative ways parents/guardians can assist their children in managing anxious situations

THURSDAY 28th August 2014
10:00am to 11.30am



Guest Speaker - Dr Natalie Flatt, Ph.D

Dr Natalie Flatt is the General Manager of OnPsych. She specialises in anxiety, adjustment disorder, phobias, ADHD, school refusal and assessments. Her discussion focuses on teaching parents the meaning behind different types of anxieties and way to predict and manage those anxious outbursts through challenging negative thinking and using creative tips. This will assist children to overcome a wide range of difficulties, ensuring ongoing emotional resilience, wellbeing and improved self-confidence.

PLEASE RSVP

PARENT FORUM, THURSDAY 28th August
Please return to Mrs Owens no later than Monday 25th August.

I/We _____ will be attending the
Parent Forum on 28th August 2014.

Signature/s

Date