



## Understanding and supporting children experiencing Anxiety



**This session will explore the types of anxiety and what is happening in the brain. Participants will gain an understanding of anxiety, and behaviour, and practical ways to support the child.**

Tickets available via  
website -  
[www.kidshubtc.com.au](http://www.kidshubtc.com.au)

*Date - 3.09.18  
Venue - City Hive  
(184 Marine Tce)  
Time - 6pm - 7:30pm  
Cost - \$35*

**Presented by**

**KATE FOSTER  
FAMILY  
COUNSELLOR**