



Helping your Child Understand their Big Emotions

FREE INFORMATION SESSION

Families Together invites mothers, fathers, carers and grandparents with children up to the age of 6 years to this information session presented by

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Worrying is a part of childhood development, however too much worrying can lead to anxiety. Up to 22% of children experience anxiety in a more intense manner. This can affect their learning and social development. Young children often don't have the words to describe their feelings; they rely on the adults around them to make sense of their world. This session will help parents develop strategies to help children to manage their anxiety and other big emotions.

Tuesday 30 July 2019
6.45pm - 8.45pm
Revesby Uniting Church
219 The River Road, Revesby

Please note there is no parking on The River Road outside the Church before 6.30pm

Families Together is for mothers, fathers, grandparents and carers living in the Fairfield, Liverpool and the former Bankstown local government areas.

Bookings are essential and places are limited. Please register at
www.fairfieldcity.nsw.gov.au/helping-your-child-understand-their-big-emotions
or call 0407 708 626 to book your place.

Child minding is not available for this information session.



Families Together is a program of Fairfield City Council funded by the NSW Department of Education