



What is the 'Kids and Anxiety' seminar about?

The 'Kids and Anxiety' seminar is a free information session run by Resilience Kit. The event is for parents and caregivers to help them understand anxiety, behaviours and protective factors for their young children.

This information session will include discussions about:

- Anxiety and feeling anxious
- The risk and protective factors for healthy emotional development
- How social and emotional skills can help to prevent emotional distress such as anxiety and build resilience
- Avenues of support available for children and parents/caregivers

Although there will be time dedicated at the end for Q&A, this is an information session only and not a substitute for professional mental health advice.

Why does Resilience Kit offer these events?

Resilience Kit is a private practice owned by Gemma Lee Taylor (Licensed Partner of The FRIENDS Programs), located in Cottesloe. The team consists of psychologists, psychology students and trained program facilitators who work together to deliver evidence-based group programs to help children, adolescents and adults build resilience, prevent and reduce anxiety. The majority of our work takes place on weekends and during the school holidays. This leaves some time during the week to do free events such as these.

As a team, we are passionate about preventative mental health and believe that talking about common mental health issues in a positive way can be a great way to reduce the stigma and encourage people to reach out for support if they need it.

When and where is this run?

An evening seminar - Monday 11th June 2018, 7.00pm - 8.00pm to be held in the Caralee Community School Staff Room, with time at the end for questions.

What is the cost?

Free - The event will only be open to Caralee school community members only, not the general public.

How to Book?

Although this information evening is free event – bookings are required as places are limited. To make a booking please email: caralee.pandc@gmail.com