



ST GREGORY'S COLLEGE CAMPBELLTOWN

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12 July 2019

Dear Parents/Carers,

You are invited to attend a free anxiety awareness seminar for parents, presented by WayAhead Mental Health Association NSW.

Date: Monday, July 29, 2019

Time: 6:00pm – 7:30pm

Venue: Marian Centre- Senior College

This seminar is suitable for parents with students in Kindergarten to Year 9

With an anxiety disorder affecting one in ten children, anxiety can impact on a child's social, family and school life. WayAhead Seminars are Government endorsed and have been running for the past 19 years.

This seminar will focus on:

- a variety of anxiety disorders in children and young people
- the difference between normal anxiety and anxiety disorders
- types of anxiety disorders
- signs and symptoms

Anxiety disorders can be resolved with timely information, care, treatment and support.

Please RVSP to Daniela.romeo@stgregs.nsw.edu.au with number attending by July 26.

Kind Regards,

Diana Ivancic

Junior School Coordinator