

Helping Your Child with Anxiety

The Psychology Department is giving a presentation aimed at parents of children and adolescents who experience challenges related to anxiety. The presentation will be approximately 90 minutes long.

Topics covered:

- What is anxiety and how does it affect my child?
- What are the contributors to anxiety?
- Practical tips and strategies for helping my child cope with anxiety.
- Resources for parents.

When: Tuesday 27th February at 6:45pm sharp
Please arrive at 6:30 to sign in

Where: Bunscoil Bhothar Na Naomh, Lismore, Co Waterford

If you would like to register for a place at the presentation you can:

Text your name and address along with the word "Lismore" to 086 145 3629

Alternatively you can email "Lismore", your name, address and contact number to stresscontrol.SE@hse.ie

We will contact you by text/email to confirm that you have a place for this presentation. *Please note, parents need to book individually.*



Feidhmeannacht na Seirbhíse Sláinte
Health Service Executive

P.T.O. for directions



Bunscoil Bhothar Na Naomh (shown in the red box) is located just off East main Street as seen in the picture above. The entrance is marked with an **X**

There are limited car parking spaces available so again, please arrive early in order to get settled as the presentation will begin at 6:45pm sharp.