

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 15th May at 10:00am

Where: The Conference Room, St John's College, Respond, Waterford. (Please park in Sacred Heart Church if possible. See overleaf for directions.)

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

Text your name and address to 086 145 3629

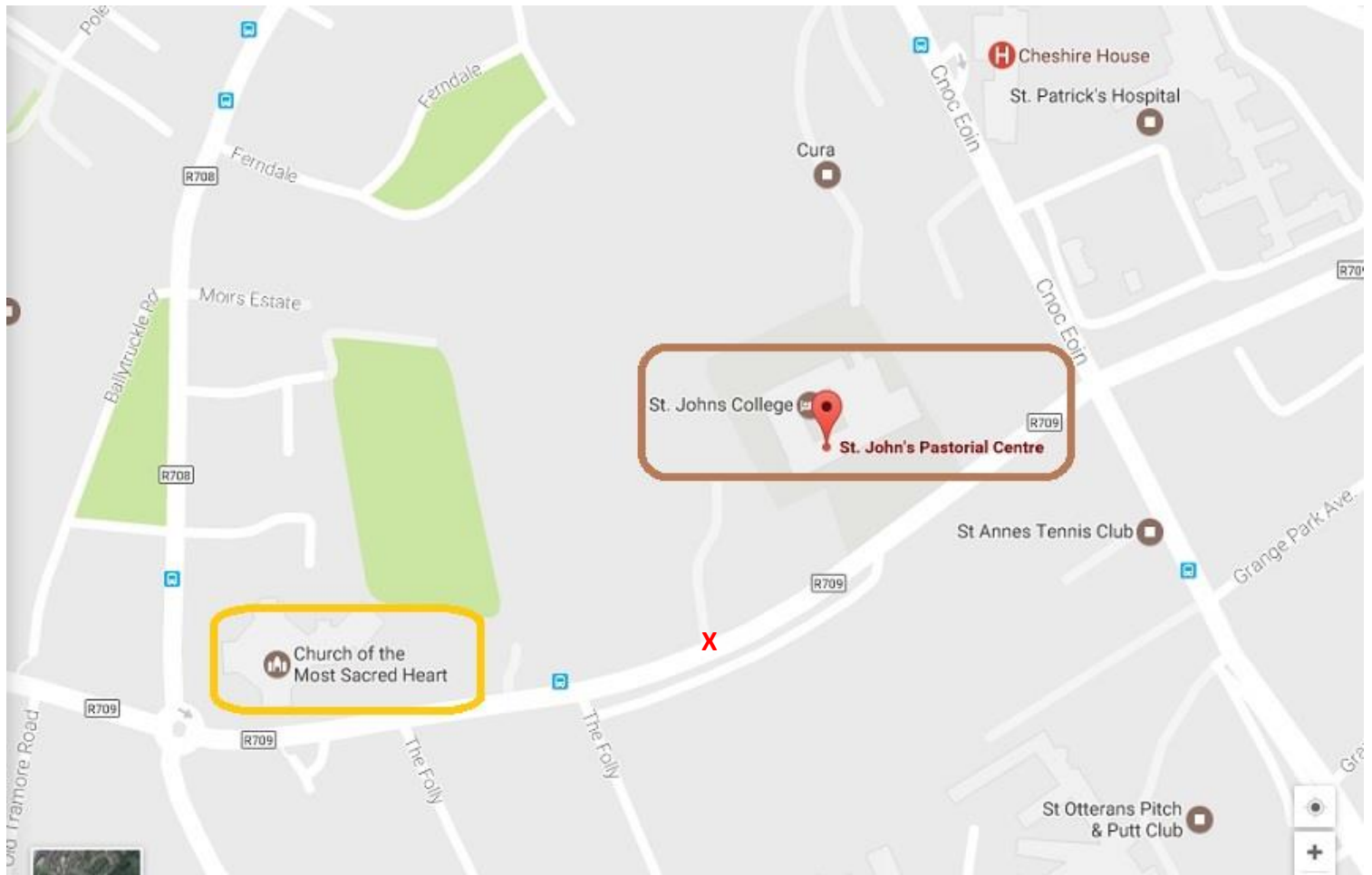
Alternatively you can email your name, address and contact number to stresscontrol.SE@hse.ie

We will contact you by text/email to confirm that you have a place for this presentation. Alternatively, you will be informed that you are on the waitlist for the following presentation. *Please note, parents need to book individually.*



Feidhmeannacht na Seirbhíse Sláinte
Health Service Executive

P.T.O. for directions



St John's College (shown in the red box) is located just off The Folly as seen in the picture above. The entrance is marked with an **X**

There are limited car parking spaces available. However, there is ample parking in the Church of the Most Sacred Heart's car park (shown in the yellow box). It is located less than 400 meters down the road from St John's College.

If travelling by bus within Waterford City, St John's College can be accessed by using either the 602 or the 605 bus routes. While they do not drop you off directly outside of St John's College, the stops are only a short walking distance to the building.

We ask that you arrive at least 10 minutes early to allow yourself time to settle as **the Anxiety Presentation will start at 10:00 sharp.**