



# ANXIETY IN CHILDREN

**FREE Parent Education Seminar by the popular and well respected Madhavi Nawana Parker.**

Madhavi will teach simple, practical ways to help your children cope better with anxiety and stress. Madhavi's ideas will encourage happiness, resilience and wellbeing in your family.



*Madhavi Nawana Parker is a widely published Author of Confidence, Resilience, Wellbeing and Social Emotional Literacy books who has worked with families and schools for over two decades. She is Director of Positive Minds Australia. [www.positivemindsaustralia.com.au](http://www.positivemindsaustralia.com.au)*

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**MONDAY 11 SEPTEMBER 2023**

**7PM - 8.30PM** Enter via rear Foyer Entrance of the building

Free, bookings essential, phone 8372 5180 or

Funded by Dept., for Communities and Social Inclusion



**FULLARTON PARK  
COMMUNITY CENTRE**

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Phone 8372 5180 | [unley.sa.gov.au/fpcc](http://unley.sa.gov.au/fpcc)