

## Little People, Big Worries



An informative workshop on anxiety and other big feelings experienced by young children.

This workshop provides parents with insight into what happens in the body when people experience anxiety and how to support children in managing their big feelings.



**Date: Wednesday 5th February 2020** 

Time: 10am -11am

Venue: VPG 158a Edith Street Innisfail

To register please contact

**VPG Innisfail** 

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Every Family Cassowary Coast



