



Parenting Anxious Children

Cockburn Parenting Service

Part of South West Metropolitan Parenting Service

Term 4 2026

Free two-hour workshop for parents and carers of children aged 2 to 12 years.

Do you have a child who worries, avoids situations, or struggles with anxious feelings?

This practical workshop will help you understand childhood anxiety, recognise the signs, and learn effective strategies to support your child. We'll explore ways to help children cope with anxiety, when and where to seek additional support, and how to look after your own wellbeing while supporting your child.

Empower yourself to support your child with confidence and compassion.

Thursday 29 October
6 to 8pm
Family Tree - Atwell



Or

Thursday 12 November
6 to 8pm
Family Tree - Aubin Grove



Free light supper and refreshments provided



Cockburn Parenting Service
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SOUTH WEST METROPOLITAN
PARENTING SERVICE

