Small Steps is a free anxiety awareness program for primary school teachers and parents.

Did you know?

- An anxiety disorder affects one in ten children
- Anxiety impacts on a child’s social, family and school life
- Early intervention may assist in preventing the onset of more serious problems including depression and substance abuse in adolescence
- Children with anxiety are generally not disruptive in class or at home
- Anxiety disorders can be resolved with timely information, care, treatment and support

Presentations last between one-two hours and cover:

- The difference between normal anxiety and anxiety disorders
- Types of anxiety disorders
- Signs and symptoms of anxiety disorders
- Our free Small Steps presentations involve:
  - A visual presentation by a speaker from the WayAhead - Mental Health Association NSW
  - Reference materials and information
  - A recommended reading list
  - A Question and Answer session

We’re holding a Small Steps presentation for Parents!

When and Where

- Date: Tue 9 August 2016
- Time: 7pm
- Location: Our Lady of Fatima Catholic Primary School
- RSVP: 5 August 2016 9502 3723

co-ordinated by WayAhead-The Mental Health Association NSW