livable
your life your way

Anxiety 101

Empower yourself with practical tools to support your anxious child at our parenting workshop

Navigating parenting with an anxious child can create challenges for the whole family. Even simple tasks can feel like climbing a mountain.

Join our workshop for evidence-based guidance and connect with other parents who share similar experiences

Monday
5th August
11am-1pm

MACLEAN SHOWGROUNDS:
JIM THOMPSON PAVILION: HALL

Livable events are FREE and Refreshments provided

BOOKINGS ESSENTIAL

1800 289 927 **LIVABLE.ORG.AU/EVENTS**

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