

LEARNING SUPPORT AT TAWHAI

TERM 3, WEEK 7, 2023

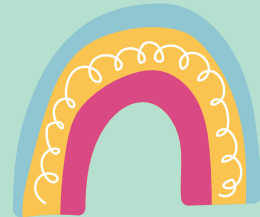


SUPPORT FOR ANXIETY

Anxiety can show up and impact our young people and whānau in a variety of ways.

If you would like to learn more about anxiety and how best to support your child, please join me at this community event presented by the amazing folk from Atareira Trust.

For more information please contact me :
Shelley lsc@tawhai.school.nz



ANXIETY & MY CHILD

UNDERSTANDING MY CHILDS ANXIETY

WHEN: THURSDAY 28TH SEPTEMBER

TIME: 5PM – 7PM

WHERE: 4 EXCHANGE ST UPPER HUTT

ANY QUERIES OR TO REGISTER FOR THIS EVENT PLEASE CONTACT
megan@atareira.org.nz
P | 027 302 2256
Child & Youth Team


anne@atareira.org.nz
P | 027 769 4405
Co-Ordinator Hutt Valley Capital & Coast

Anxiety Topics Covered

- ? WHAT IS IT?
- 🧠 WHAT EFFECT IT HAS ON THE BRAIN?
- 🔍 WHAT CAN IT LOOK LIKE?
- 🧑 WHAT CAN IT FEEL LIKE?
- 👥 WHAT CAN I DO TO HELP?

FREE EDUCATIONAL EVENT FOR PARENTS, CAREGIVERS, OR WHANAU

This event is for adults seeking to know more about anxiety and how they can best support their child's mental well-being

 **ATAREIRA**
Mental Health & Addiction Support for Family Whānau, Transcultural Healing

Facilitator | Megan Evans Child & Youth Team Atareira