



# Managing the Anxiety of Parenting

*A relaxed and informative evening to help educate and support parents of teenagers who are feeling overwhelmed by their anxiety*

Presented by Michelle Graeber, CEO of Anxiety Recovery Centre of Victoria (ARCVic)

Thursday 24 May 2018

6.30 - 8.30pm

Knox Council Civic Centre, Room 4  
511 Burwood Hwy, Wantirna South

Cost: FREE!

## Bookings are essential

To register, complete the online booking form at

[www.knox.vic.gov.au/parentworkshop](http://www.knox.vic.gov.au/parentworkshop)

For more information, contact Michelle 9298 8311

or [michelle.pascoe@knox.vic.gov.au](mailto:michelle.pascoe@knox.vic.gov.au)

## Topics covered include;

- ↪ What is anxiety?
- ↪ Common physical effects, feelings & behaviours
- ↪ Common thinking traps
- ↪ Living with uncertainty
- ↪ Techniques and strategies for managing anxiety
- ↪ Breathing, relaxation, mindfulness, grounding and visualization
- ↪ Planning self-care