

# Improving Family Living

## Anxiety management in children and young people

At this parent workshop we will explore:

- What is worry and anxiety
- Different types of worry
- When does anxiety become a problem
- Relaxation ideas
- Collecting thoughts and spotting errors
- Coping and realistic thinking
- Helping your child manage their worry
- The effect of worry on the body
- How can parents help?

**About the presenter:** Dr Wayne Burgoine is a clinical psychologist who has specialised in working with children and young people. With 10 years experience in child and adolescent mental health services in the UK and Australia, he now brings his expertise to Lakes Entrance working from Gippsland Lakes Community Health. Dr Burgoine is trained to deliver numerous evidence based therapies including cognitive-behavioural, family therapy and psychodynamic approaches. More specialist trauma focused treatments are also available on request.

**Monday 17 October 2016**  
**from 10am to 12 noon @**  
**Gippsland Lakes Community Health**

For more information or to register, please contact Allison Ferreira on **5155 8370** or email [allisonf@glch.org.au](mailto:allisonf@glch.org.au)

