

Northwest Community Childcare presents

# ANXIETY IN THE FAMILY HOME

WED  
19th  
JUNE  
2024

7pm-9pm

G10/320 Annangrove  
Road, Rouse Hill

An open Q&A session will  
commence at 8:30pm

**FREE  
SEMINAR**

A donation box and online link  
will be available at the event  
with 100% of the proceeds  
going to the **Children's  
Cancer Institute**.

## Register Your Expressions of Interest

Please click [HERE](#) to register your expressions of  
interest to attend this exciting event.

Formal bookings open Wednesday 1<sup>st</sup> May 2024



### **MEET YOUR SPEAKER, COLLEEN HIRST**

Colleen Hirst is a clinical psychologist and family therapist who has been working in the counselling industry for over 40 years. She is known for her strengths-based approach to therapy and has expertise in working with a wide range of issues.

#### **Colleen will discuss:**

- Reducing stress for both parents and children
- Raising resilient children
- Understanding our stress response system
- Social Media and children's stress levels

**PLACES ARE LIMITED**

**REGISTER YOUR  
EXPRESSIONS OF  
INTEREST HERE**

