

ANXIETY DISORDERS ASSOCIATION OF VICTORIA Presents

Parenting Support Strategies: Managing Child and Adolescent Anxiety and Depression

This lecture will provide you with the knowledge and the confidence to strengthen and harmonise your family, including;

- How anxiety and depression affects the family;
- How to recognise anxious and depressive symptoms in your child including physical, behavioural and cognitive symptoms;
- How to manage symptoms of anxiety and depression and how NOT to manage these symptoms.

This event will open with a short keynote address by **Jenny Dahlstrom**, a local parent who has a child with anxiety. This will be followed by a lecture by **Rachel Wickham**, a Provisional Psychologist who has been counselling for 3 years. Rachel specialises in therapies and interventions for children and adolescents, mostly in the areas of anxiety and depression. Her experiences include working closely with schools, General Practitioners and the Department of Human Services.

Through both professional and personal experiences, Rachel has recognised a need for parents and teachers to deepen their understanding of anxiety and depression in children.

Rachel is able to provide parents and teachers with the tools to identify if your child is suffering from depression or anxiety and provide practical interventions to help manage the symptoms your child is experiencing.

NOTE: After this lecture the presenters will open a facilitated discussion, with the focus of providing support and information. Our long term goal is to grow these discussions into an ongoing support group.

Date: Tuesday, 27th October 2009
Venue: Hawthorn Library Meeting Room,
584 Glenferrie Road, Hawthorn
Time: 7.00 pm. To 9.00 p.m.
Cost: \$10.00
Bookings can be made by calling **ADAVIC (03) 9853 8089**
Or email us at adavic@adavic.org.au



**BOOKINGS ESSENTIAL FOR THIS LECTURE!
MONIES NON REFUNDABLE**