



# Fear-Less



Learning how to manage anxiety is a vital life skill you can help your child to learn:

This workshop will give you the tools and skills to teach your child:

- Key anxiety - management skills
- To understand how anxiety works
- To develop their coping skills
- To face feared situations
- Strategies to manage anxious behaviour

**Bookings essential  
for either session.**

**Date:** Wednesday 24 March 2021  
**Time:** 9.00am to 12pm  
**Venue:** Child and Parent Centre - East  
Maddington 79 Pitchford Ave East  
Maddington (access via Westfield St)  
**To Book:** 9452 7882  
[CPCEastMaddington@centrecare.com.au](mailto:CPCEastMaddington@centrecare.com.au)

**Crèche available.**

**Date:** Wednesday 24 March 2021  
**Time:** 5.30pm to 8.30pm  
**Venue:** Child and Parent Centre – Gosnells  
173 Hicks Street, Gosnells (access via  
Clara Street)  
**To Book:** 9398 8720  
[CPCGosnells@centrecare.com.au](mailto:CPCGosnells@centrecare.com.au)

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