

# Helping Children with Anxiety - Robust, Resilient & Ready to go – MPS Parent Forum

The parent community of Marlborough P.S is invited to attend the following forum about identifying childhood anxiety and helpful strategies to support your child at home.

**Date: Thursday 14<sup>th</sup> September**

**Time: 6.00pm – 7.30pm**

**Venue: Marlborough P.S Library**

**About the presenter:**

**Dr. Angela Donohue** is a Family Counsellor at the Dandenong office of **Catholic Care**, where she works with children and families and in many cases works with children who are experiencing School Refusal. Angela completed her Bachelor degree at the University of Melbourne, majoring in Criminology and Psychology, followed by a Psychology Honours degree at Deakin. She then completed a PhD at the University of Melbourne, where she was awarded a Scholarship to research the Effects of War Trauma on Children and Adolescents in Croatia and Bosnia. Angela also recently completed a Masters of Professional Psychology at Monash, and is a mother of 4 children aged 6 – 14 years.

**The session:**

The parent session will explore what anxiety is and how parents can identify when their children are experiencing anxiety. Angela will give practical advice as to how to help your anxious child, including challenging their fears, building social skills and other approaches, including Mindfulness.

Angela will also discuss the **Robust, Resilient and Ready to go** program, developed by Catholic Care, aimed at assisting children in **grades 4-6** to understand the mind-body connections of thoughts, feelings and actions and develop skills to manage life transitions, emotions and relationships. If there is enough parent interest, we hope to run this program in Term 4 at Marlborough P.S.

