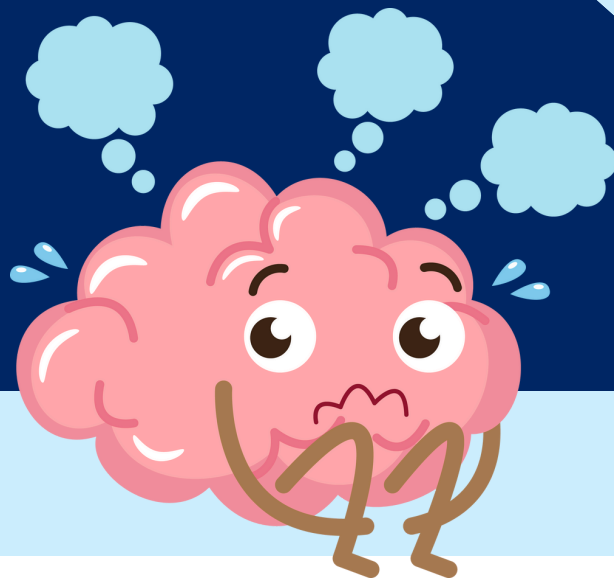


Small Steps Childhood Anxiety Seminar



Are you noticing your child experiencing anxiety?

Illawarra Shoalhaven Local Health District in partnership with Wayahead are offering two free seminars for parents and carers of primary school aged children.

- ✓ Learn about childhood anxiety and how it affects children.
- ✓ Understand the anxiety cycle and why it can become a problem.
- ✓ Discover practical strategies to support your child through anxiety.
- ✓ Explore how taking small steps can help children build confidence and manage their anxiety. Learn how to guide them through the process.

Choose the time that suits you:

Day seminar:



When:

Wednesday 17 September 2025



Time:

12:00pm - 1:30pm



Where:

Online



[Register now](#)

Evening seminar:



When:

Wednesday 17 September 2025



Time:

6:00pm - 7:30pm



Where:

Online



[Register now](#)

NB: This seminar will not be recorded.