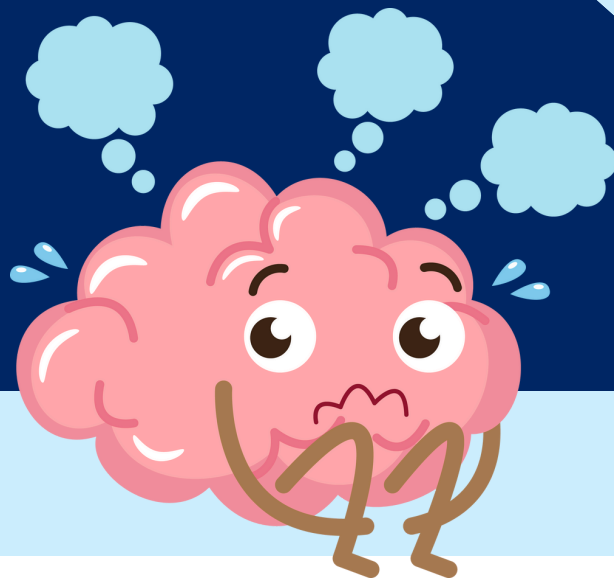


# Small Steps Childhood Anxiety Seminar



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.