

UNDERSTANDING ANXIETY AND DEPRESSION IN YOUTH



FREE

Restricted to
City of Rockingham
residents only

Light supper
provided

Do you have a young
person in your life that may
be experiencing anxiety
and/or depression?

This two-hour workshop covers
the challenges experienced by anxious
and/or depressed adolescents and
provides practical tips for parents
and carers to assist their
child and themselves.



Wednesday
9 October 2019

6pm - 8pm

Please arrive at 5.45pm
to allow time to sign-in



Anglicare WA
14 Council Avenue, Rockingham



Places are limited and bookings are essential. For more information
and to register, please contact Anglicare WA on **9528 0702**
or trybooking.com/BFIGH



rockingham.wa.gov.au

