

Northwest Community Childcare presents

# ANXIETY IN THE FAMILY HOME FREE SEMINAR

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19<sup>th</sup>  
JUNE  
2024

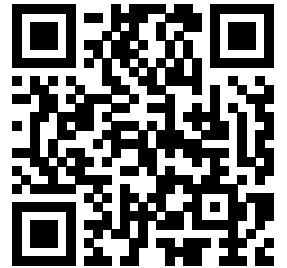
7pm-9pm

G10/320 Annangrove Road,  
Rouse Hill NSW 2155

Open Q&A session from 8:30pm

**BOOKINGS ARE NOW OPEN**

*Please scan the QR Code to register your attendance for this exciting FREE event*



**ONLY 150 PLACES ARE AVAILABLE - BOOK IN NOW!**



## **MEET YOUR SPEAKER**

*Colleen Hirst* is a clinical psychologist and family therapist who has been working in the counselling industry for over 40 years. She is known for her strengths-based approach to therapy and has expertise in working with a wide range of issues.

### **Colleen will discuss:**

- Reducing stress for both parents and children
- Raising resilient children
- Understanding our stress response system
- Social Media and children's stress levels

A donation box and online link will be available at the event with 100% of the proceeds going to the **Children's Cancer Institute**.

Northwest  
Community Childcare   
*happy caring connected*