



Anxiety group for children



Community Health is running 'Take Action' to help children whose anxiety and fears are interfering with their lives. Take Action is a group program where both children and parents attend. Group sessions include presentations, discussions, practical exercises and home practice to help children manage their anxiety. Take Action is evidence based and has been run since 2004.

Who is it for: Children in Years 3 - 6 and their parents. Both parents are invited to attend and at least one parent must attend consistently.

How long: 8 sessions

When: **Wednesday** 3.30p.m. - 5.00p.m.

2nd, 9th, 16th, 23rd, 30th of August 2017
6th, 13th, 20th of October 2017

Where: Croydon Health Centre
24 Liverpool Road, Croydon, NSW, 2132
(free parking available)

Cost: **Free** for Children living or attending school in the Sydney Local Health District.

Please contact Community Health Central Intake on
95625400 to register



Health
Sydney
Local Health District

