



Take Action

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 an evidence based program.

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 September 2017

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

Cost: Free

Please contact **Community Health Central Intake** on **95625400** to register.