

Behavioural Issues and Anxiety in Children: Superstar Practical Strategies

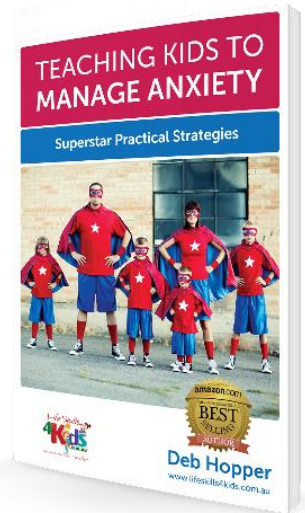
Does your child struggle with...?

- Behavioural difficulties
- Emotional & self-regulation meltdowns
- Anxiety

Sensory Processing & Regulation are very likely to be a piece of the puzzle.

In this 3.5 hour workshop, Deb Hopper (Occupational Therapist and author) will explain how sensory processing affects a child's behaviour at home, school and in family life sharing tips for making getting through the day easier. Deb is the author of

- *Teaching Kids to Manage Anxiety: Superstar Practical Strategies*,
- *Alex Learns that Changes are OK* and
- *Fireworks Freak-Out: How Eddy and Monica Chill-Out*.



When you leave this workshop you will:

- understand what sensory processing is and how the brain becomes anxious;
- know how sensory overload effects behaviour and anxiety in children, and
- take home strategies that you can begin to use today.

Date: Wednesday, 15th May 2019

Time: 9am - 12:30pm (doors open at 8:30am for a 9am start)

Where: Border Christian College
24 Ava Ave, Thurgoona NSW 2640

Cost: Early Bird \$47 - register by 30th April 2019
Full Cost \$67 - register from 1 May 2019

Tickets are essential and available from:

www.lifeskills4kids.com.au/Albury