

# 2017 Parent Education Program

## Anxiety is here to stay! Understanding and supporting children and young people with anxiety

### Presenter: Jules Haddock

Stress and anxiety are a part of everyday life and serve a sound purpose in how we manage the world, but Stress can become so chronic, that it can develop into a crippling anxiety disorder, often without prior awareness.

#### Session outline:

- Understand the relationship between stress and anxiety
- Demystify anxiety disorders as treatable illnesses
- Discuss signs and symptoms
- Explore support and self-management strategies in dealing with anxiety over a life time
- Practical strategies in supporting a child to understand and manage their anxiety within a recovery context



**Jules Haddock** has worked in the community service sector for over 15 years. She has also been involved in mental health training for the past 13 years, and has practiced as a Master Mental Health First Aid Instructor for 7 years. Jules continues to be actively involved in her community facilitating events during National Mental Health week, such as The Art of The Minds project. Her passion in destigmatising mental illness, sees her sought after by schools, cooperate businesses, and for conference presentations, as her engagement with audiences and creative and humorous approach, assist audiences to accept mental illness as a part of life that can be managed. In her own words as an educator and a person with a lived experience of mental illness, "How can we assist children to recover from anxiety disorders, if we and they, don't know what they are recovering from? "

**Suitable for:** Parents, grandparents, carers, teachers, educators and anyone working with primary & secondary school aged children and young people.

**Covering primary and secondary school aged children**

**Date:** Thursday 16 March

**Time:** 7pm to 9pm

**Venue:** Melba College – theatre (see over for venue details)

**Cost:** Free\*

\*Attendance certificates are available to educators on request for \$10 each.  
Please select this option when booking.

Bookings essential. Register online at: [www.maroondah.vic.gov.au/Education.aspx](http://www.maroondah.vic.gov.au/Education.aspx)

For more information please contact Cathie Wills

on 9294 5740 or email: [childrens.services.events@maroondah.vic.gov.au](mailto:childrens.services.events@maroondah.vic.gov.au)

Please arrive 15 minutes prior to the start of the session  
to allow time to park and sign-in

## Melba College

- theatre

20 Brentnall Rd

Croydon

(Mel ref: 50:E3)

