



Webinar for Parents

of 13-18 year olds

Learn simple strategies to reduce anxiety and build resilience in your teens.

In 2020, The Australian Productivity Commission Inquiry into mental health reported that teenage anxiety was worsening. It recommended that steps should be taken to remedy young people's anxious behaviour early-on in its development. In fact, in young people with mild- to moderate-level anxiety, parent-led interventions have been found to be as effective as treatment by a psychologist where parents are trained to deliver a parent-led treatment across time. The mainstay for the effective treatment of teenage anxiety is cognitive behavioural therapy.



Presented by **Ruby Otero, MAPS.**

Held over 3 interactive evening webinar sessions.

Visit: www.parentshop.com.au **for upcoming dates.**

Over 3 sessions, you will learn to:

- Identify and combat your teen's anxious behaviours.
- Learn simple strategies to reduce anxiety.
- Build resilience in your teen for greater social and academic success.
- Improve your parenting confidence and family bonds.

This course includes an anxiety screening test - parents can elect to complete two short surveys prior to the course to assess their child's anxiety.

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Recommended by child & family specialists

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