

Thursday 27 May 2021
7.00 - 8.00pm
Via Zoom

Bookings are essential.
To complete the online booking
[Register here](#)

For more information contact
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Webinar: Understanding young people's anxiety & living with COVID-19

A webinar presented by ARCvic (Anxiety Recovery Centre Victoria), where families and young people can come together and learn together. Learn some practical self-help skills to develop strategies for managing stress and anxiety as we find our new normal.

Topics include:

- How to help you understand anxiety and support your young person to learn to manage and maintain their wellbeing
- Understanding different types of anxiety, the impact and living with COVID and other expectations of growing up
- What's helpful and what's not
- How to offer practical & emotional support
- Methods and strategies to support your young person
- Relaxation techniques and tools

