



Dealing with Anxiety Workshop

The Children's Autism Foundation presents "Dealing with Anxiety", a 2-hour workshop interactive workshop for parents & whanau and any professionals who engage with children and young people on the Autism Spectrum. You will leave this workshop with a better understanding of anxiety in children and with some simple strategies to support your child.

Topics include:

- What is anxiety?
- What does anxiety look like in children on the Autism Spectrum?
- Practical strategies & an anxiety "toolkit" to help manage anxiety in children & young people.

Tuesday 7th April 2020, 7-9pm

Manutewhau Community Hub

74B Oriel Ave, West Harbour

Map to venue [here](#)

[REGISTER HERE](#)

or online at www.autism.org.nz

Many thanks to the **Henderson-Massey Local Board** for their support which enables us to offer this workshop at no cost to families/whanau.

This workshop is presented by Children's Autism Foundation Facilitators:

Arletta van den Bosch

Megan King

(find out more about our facilitators [here](#))

**Henderson-Massey
Local Board**



Auckland Council



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