



# 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 6 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](http://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*



[www.autism.org.nz](http://www.autism.org.nz)  
[enquiry@autism.org.nz](mailto:enquiry@autism.org.nz)  
Ph. 09 415 7406