

MINDING YOUNG MINDS

What you need to know about anxiety and supporting young people.

Anxiety can effect sleep quality, relationships, education and overall quality of life.

We welcome all parents/guardians and young people (10+ years) to come and hear mental health expert, Geoffrey Ahern, present on what you need to know about anxiety, including how you can best support a young person or young friend experiencing anxiety.

Wednesday 5th June 7.30pm – 8.30pm

St James College VPAC Theatre 156 Bignell Road, East Bentleigh

This is a free event.

Bookings essential.
Reserve your place today through www.trybooking.com/491822 or contact St James College on 9575 8110