



Understanding School Refusal Seminar

Does your child worry and feel anxious so that it impacts on their ability to attend school?

Would you like to gain a greater understanding and learn some helpful strategies to support them?

Children worry about many different things. Learning to cope with their anxiety, stress and fear can be really difficult, not only for them, but also for their parents and family. Developing a better understanding of why children refuse to go to school and some strategies to help understand and support them is empowering for families.

The Anxiety Recovery Centre of Victoria (ARCVic), a specialist state-wide mental health organisation, is passionate about supporting and educating parents so that they feel able to help their children.

Join our relaxed and informative seminar which includes:

- » Defining school refusal
- » How to approach it with my child?
- » The school's role
- » Parents' and family's role
- » What's helpful and unhelpful
- » Relaxation techniques with tips on building resilience
- » Where to go for more information and help and take-home material support.

DATE: Tuesday 6 March

TIME: 7pm–8.30pm

WHERE: Monash Civic Centre, Function Room, 293 Springvale Rd, Glen Waverley

Seminar is free. Bookings are essential as there are limited places.

Please contact:

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