

Understanding and Supporting Children with **ANXIETY**

Teachers, Teacher Aides, Parents, Sports Coaches, Youth Workers, Scout Leaders, Health Workers (and anyone else interested) are invited to an evening with Jules Haddock

Tuesday May 12th, 2015

7pm to 9pm

Our Lady of Sion College

1065 Whitehorse Rd, Box Hill

\$20 per person (at the door) **NO EFTPOS**

Wednesday May 13th, 2015

7pm to 9pm

Dingley International Hotel

334-348 Boundary Rd, Dingley

(On site FREE Car Park)

Opposite
Moorabbin
Airport

\$20 per person (at the door) **NO EFTPOS**

Secure your place!

Email rick@criticalagendas.com.au

Include your name, date attending & number of tickets required.

Collect and pay for tickets on the night.

No EFTPOS

Enquiries: 0433 616 771

Testimonials

Jules is without doubt one of the most engaging, energetic and BRAVE Trainers that I have ever had the pleasure of working with.

Jules is so brave and so fearless as a trainer in being prepared to share experiences from her own life that she simply had the group totally spellbound one particular day. You can literally hear a pin drop in that training room because Jules had the room so engaged in her training.

She re-energised us all with her engaging personality, enthusiasm and her passion for the material that she is delivering.

Adam J. Turley - Trainer for Geelong, East Geelong, Torquay and Corio Matchworks sites.

Just wanted to quickly say the presentation I attended yesterday was one of the best I have been too. I got so much out of it and Jules was fantastic and I really clicked with her. Thought I would just let you know J

Craig Pyle Migration Review Tribunal - Refugee Review Tribunal

I have been inundated with positive feed back about Jules's session.

Geelong City Council

Jules was excellent & kept the entire group engaged the whole time. I really thought this should be passed on so this can be recognized. Myself and Patrick Cowley were discussing the class the whole way home & both felt we learnt more in one class than we thought possible & really took something away with us. Please thank Jules for her training & time. We both look forward with further training with Jules in the near future.

Patrick Cowley Employer Services Consultant - DES

Comments: an amazing lecture given by Jules, a mixture of humour, and realistic of the society we live in. Gave me knowledge which will be helpful in the workplace

Evaluation Report Home and Community Care Training - Barwon South Western Region

This is a Public Event

Everyone welcome!

Covering Primary and Secondary school-aged children



Anxiety is something we all experience and is in fact a natural survival response. But anxiety can start to impact our children in an unhealthy way, negatively affecting their journey into life. School pressure, family pressure, social pressure and toxic thoughts, can all see anxiety spiral out of control.

By recognising the signs and symptoms of anxiety, we can provide sound support in assisting our children to build on their resilience and internal coping mechanisms.

In two hours, Jules Haddock, Mental Health First Aid Instructor and, REACH facilitator, will share her support strategies with you when dealing with anxious children.

Session outline:

- Understand anxiety as a natural response to life events
- When to worry about anxiety
- Learning how to recognise anxiety signs and symptoms, as it takes hold upon a child's thoughts, emotions and in turn behaviour.
- Learning how to support a child to manage their anxiety

About the Presenter

Jules Haddock has worked in the non-profit community sector for approximately 14 years, prior to accredited training in the last 12 years

Jules enjoys sharing a creative delivery with her participants, and has a sound reputation as a vibrant and humorous presenter.

She is passionate for the acknowledgement of mental health awareness and de-stigmatising mental illness. She sees the answers lying in education of all.

As a REACH facilitator and Mental Health First Aid instructor, Jules also holds education talks for community groups, corporate businesses, children, and primary and secondary teachers. Jules has and continues to present at a number of national conferences on anxiety and recovery.

Critical Agendas

