

**OLSH COLLEGE
BENTLEIGH**



Year 7 2023

Accepting enrolments now

Book a Virtual Tour

www.olsh.vic.edu.au

HOW TO NAVIGATE ANXIETY: BUILDING A RESILIENT FAMILY POST-LOCKDOWN

Join clinical psychotherapist Heidi Rogers to explore how the pandemic is impacting families *in ways they can't even see*, and learn what you can do about it.

Here's What You'll Learn ...

- How to tackle challenges around the return to school, including tools to soothe your child's anxiety.
- The *number one strategy* we can be using daily to help our children thrive as we adapt to a new normal.
- How to provide reassurance and manage any health anxiety.
- Ways to build a resilient family that can withstand uncertainty, adversity and transitions.
- What it's like inside the mind of a 'too sensitive' child during periods of change (and how to help them thrive).
- How to calm *yourself* down when it all becomes too much.



HEIDI ROGERS

Heidi is a psychotherapist and counsellor with 17 years experience in mental health counselling and trauma therapy.

Heidi has worked in both the US and Australia and has extensive experience delivering therapeutic services to children and families.

She works in private practice in Melbourne and tours with her tailored talks specialising in children's issues, and their solutions.

Follow Heidi on Instagram
[@heidirogers_](https://www.instagram.com/heidirogers_)

Content Relevant For Children of All Ages

Event Details

Date: Wednesday 21 October 2020

Time: 8:00pm - 9:30pm (including LIVE Q&A)

Delivery method: Online

Cost: Free!

Registrations: heidilinks.com/21oct

Can't make it? No problem!

Register and then watch the replay whenever you're ready!



2021 ENROL NOW!!

There are still places available for next year in our 3 year old Preschool program.

3YO Applications: <https://www.agcsinc.org.au/3-year-old-preschool>

To go on the waitlist for our 4year old program, visit
kingston.vic.gov.au/CentralRegistration

If you have any queries, email: kim.fulton@agcsinc.org.au

Kogo - Knit One Give One

Help us knit/crochet items for those in need

Blanket Squares | Beanies | Scarves | Toys | Clothing

Aspendale Gardens Community Centre is part of the Knit One Give One (Kogo) initiative with more than 5,000 knitters across Australia.

As we are unable to meet at the Centre during this time, we invite you to attend our knitting and crocheting group each Tuesday at 1.30pm via Zoom

Join Zoom Meeting

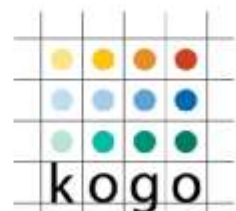
<https://zoom.us/j/3865627107?pwd=UVhJM0hrRXBKUUNBN3cya0FCZDBKdz09>

Meeting ID: 386 562 7107

Passcode: 8g20Vs



If you would like any further information
please email enquiries@agcsinc.org.au



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