

Papanui High School PTA
PRESENTS



Anxiety and your teen

A **FREE** event for parents & caregivers.

What is anxiety? What causes it? Why do so many teens suffer from it?

Join us for a presentation focused on supporting parents to better understand anxiety.

Presented by Catherine Gallagher, learn to recognise anxiety and apply practical tools & techniques to help teens better manage it. With the goal of enabling your teenager to move from simply surviving to thriving, this is an essential event to attend!

Catherine is a clinical psychologist with over 20 years experience in the private, public and university sectors.

Although she has worked across different age groups, her particular focus has been children and young people.



When	Monday 28 August 2023. 7.30PM – 9PM
Where	Papanui High School Hall
Cost	FREE. Registrations are Essential

Register now online at Eventbrite
tinyurl.com/mr342e2u

Registrations close 25 August 2023. **Spaces are limited!**



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For more PTA news and events, join us on Facebook or even better come along to our next meeting!

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