



ANXIETY PRESENTATION

Welcome all whanau, parents and caregivers you are all invited to an Anxiety Presentation delivered by Mana Ake kaimahi.

This presentation will cover; *what is anxiety, what is normal, what causes it, common triggers, social media impacts and calming techniques*. A Q & A session will follow, so please feel free to stick around for any queries you may have.

When: 7:00pm Harewood Primary School, Thursday May 27th, light refreshments will be provided.