

STRENGTHENING CHILDREN & TEENS AGAINST ANXIETY



Presented By: Karen Young

Free Event!

Strengthening Rangatahi Against Anxiety

Karen Young - Psychologist @ Hey Sigmund

Trinity College Auditorium

entrance is off Tennyson Street

Monday 18th May @ 7:00 - 8:30 pm

Tickets free, limit 2 per person

Tickets available by scanning the QR code above or via the following link
<https://events.humanitix.com/strengthening-rangatahi-against-anxiety/tickets>

A practical and innovative workshop to support parents and caregivers strengthen their young people against anxiety, and build courage and resilience.

See more: www.heysigmund.com

Hosted By:



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About Karen Young

Karen began her career as a psychologist and is recognised as one of Australia's leading authorities on child and adolescent anxiety. She is a sought-after speaker, educator, and consultant, and works with parents, schools, government bodies, and child and adolescent focused organisations both in Australia and overseas. Karen is the founder of 'Hey Sigmund', an internationally popular online resource that provides contemporary, research-driven information on anxiety and the neurodevelopment of children. She has written five books, including the bestselling 'Hey Warrior' and 'Hey Awesome', which creatively assist children to understand and manage anxiety.