



...making a difference...

Richmond Community Services Inc. in partnership with Windsor Professional Centre is pleased to be able to offer a **FREE** group for parents/primary carers

# Helping Teens with Anxiety & Depression



This group is for parents who are caring for teenagers in the home who have anxiety and/or depression. Teenagers suffering from these disorders often struggle to make sense of life around them and can make home life very stressful. This group assists parents with skills and strategies for helping their teen with their issues. The group will cover:

- Recognising different guises of depression and anxiety
- Adolescent hormonal mood swings – what is normal vs depression/anxiety
- Riding the rollercoaster – how to stay calm as a parent
- Listening and talking to your teen to maximise recovery
- Resources for further help and services to assist you



**Weds 1st May 2019—6.30-9pm**

**BOOKING ESSENTIAL! 02 4588 3502**

**Email: [admin@rcsi.ngo.org.au](mailto:admin@rcsi.ngo.org.au)**

**At: Richmond Neighbourhood Centre**

**20 West Market Street, Richmond, NSW 2753**



**WINDSOR**  
PROFESSIONAL CENTRE

