



## Preventing and Responding to Child and Youth Anxiety and Depressive Symptoms

### The Foundational Strategies for Parents and Caregivers

# 1 Hour Zoom Webinar

## Tuesday the 30<sup>th</sup> of June, 6.30pm

Designed for Parents and Caregivers

### Content

This practical and engaging webinar will focus on:

- How does anxiety and depression manifest and express itself in children and young people (from 5 years to 18 years).
- What are the current and emergent (post COVID) at-risk groups, within a context of greater world uncertainty.
- What are the key parent and caregiver actions and strategies to prevent anxiety/depression and promote child and youth wellbeing and resilience.
- Two key areas of focus to promote wellbeing and resilience: (1) responding to child and youth growth and developmental needs and (2) building child and youth capacity through side-by-side support.
- How parents and caregivers can work side-by-side with schools and children/youth in both preventative and secondary responses to anxiety/depression.

### Facilitators

The session will be delivered by two LBI Foundation presenters with significant experience in providing preventative and targeted support (clinical and non-clinical) to children and young people (and their families and schools) within educational contexts.

**Dr Ivan Raymond**  
(Clinical Psychologist, PhD)

**Ms Kylie Agnew**  
(Registered Psychologist/Teacher)

## Registration and Resilience Skills Modules in Term 3.

The Zoom Webinar is being delivered in partnership between the Life Buoyancy Institute Foundation and Federation of Catholic School Parent Communities SA. Registration and further information click here: <https://www.eventbrite.com.au/e/sa-catholic-caregiver-prevention-and-response-to-child-anxietydepression-tickets-107059078586>

In Term 3, parents, teachers and secondary school students can learn about 4 key resilience skills (click links):

[Mindfulness and Navigating Difficult Feelings \(5/8\)](#)

[Actioning Values \(2/9\)](#)

[Growth Mindset \(19/8\)](#)

[Gratitude and Helpful Thinking \(16/9\)](#)