



GUEST SPEAKER - KAREN YOUNG

Managing Anxiety and Building Courage and Resilience in young people.

Wednesday, 29 October

6.30pm - 8.00pm

Mandurah Catholic College Gymnasium

\$10 per person includes refreshments and creche facilities

There's something valuable for every parent and child in this important session.

Karen began her career as a psychologist in private practice and is now recognised as a leading authority on child and adolescent anxiety. She has worked extensively with children, teens, and families, and in educational and organisational settings. It is through her work with children, teens, and families that she learned the power of solid information when it is placed in the loving hands of parents or any important person in a child's world.

Karen created Hey Sigmund, an internationally popular online resource, to provide contemporary, research-driven information on the art of being human, and being with humans. The website has a particular emphasis on strengthening the mental wellness of children and adolescents. It attracts millions of readers each year worldwide. The articles have been translated into several languages and published on various international sites. She has appeared as a guest on TV shows, such as The Project, to share her views and opinions on a range of child and adolescent mental health issues.

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