



Webinar: Supporting Teen Students with Sensory Strategies to Relieve Anxiety

*Learn strategies and methods to help support your young person
Targeted to parents of 10-18 year olds*

Charlinda Parsons, Occupational Therapist, will offer ways to explore practical sensory strategies to support your teen as they learn from home.

Wednesday 27 May 2020

7 - 8.30pm

Webinar via Zoom

Cost: FREE!

Bookings are essential

To register, visit the [Webinar Zoom link](#)

For more information, contact Michelle,
Knox Youth Services

t; 9298 8311 or e; michelle.pascoe@knox.vic.gov.au

To provide parents the opportunity to gain knowledge of;

- ↳ Strategies to help your young person concentrate.
- ↳ Strategies to help regulate their bodies to relieve anxiety.
- ↳ Sensory tools that your young person could use in the home when learning remotely.