

MOUNT LILYDALE MERCY COLLEGE PARENT WORKSHOP

SCHOOL ANXIETY SCHOOL RELUCTANCE SCHOOL REFUSAL

Anxiety is a common experience for us all.

Strong anxiety is also relatively common.

In fact, about 20% of young people experience an anxiety disorder – when anxiety interferes with normal engagement in the experiences and responsibilities of life.

School anxiety and reluctance can be a slow burn to school refusal. A lack of interest in school, reluctance to engage in school activities, a day off school here and there can be 'contagious' and quickly become school refusal for a few days or a week – which can so easily snowball into an month or a term.

The consequences can be serious.

WHEN

Monday March 19th

7pm - 9pm

WHERE

Lecture Theatre

**Mount Lilydale Mercy College
120 Anderson Street, Lilydale.**

FREE EVENT • Don't miss this chance for expert advice.

**School anxiety, reluctance and/or refusal is an issue
that can effect any family.**

GUEST SPEAKER



Psychologist Joanne Garfi

Joanne Garfi is a psychologist with 23 years experience and expertise in child and adolescent issues. She has 8 years experience as a school psychologist, working in both primary and secondary schools providing specialist training to teachers. She has special interests in the treatment of Anxiety and Panic Disorder and is well known for her work with school refusal, childhood anxiety, behavioural disorders and developmental issues. She utilizes Cognitive Behavioural Therapy (CBT) and skills development and prefers to take a whole person approach to treatment. Her emphasis when working with children is to have families and schools working together to bring about change.