

Farm Cove Kāhui Ako presents:

# Children and Youth Anxiety Workshop

*With Camilla Nguyen*

Dr Camilla Nguyen is an experienced Clinical Psychologist who has worked extensively with children, adolescents and families in a range of settings including hospitals, schools, and communities in the United Kingdom and New Zealand. She specialises in autism/ADHD and child and adolescent mental health. She is currently practicing at The Psychology Group in East Auckland where she offers therapy and consultation. She also works closely with schools, government bodies and other organisations in New Zealand and internationally to build resources and support the professional development of staff.



One in five children in NZ are struggling with anxiety. Since the Covid-19 outbreak, there has been an increase in referral of children both through the educational & mental health pathways. Through an initiative from our Farm Cove Kahui Ako, Dr Nguyen has been invited to present on the topic of anxiety in children and adolescents, tailored to parents, caregivers and whanau.

**Key content areas of parent session:**

- What is anxiety?
- What maintains Anxiety?
- Helping children manage anxiety
- Resources to support children and parents

**Date:** Thursday September 9th 2021

**Venue:** Pakuranga College School Hall

**Time:** 6.00pm - 8.00pm

**Who:** All interested parents and caregivers.

**Cost:** Funded by the Farm Cove Kahui Ako

**RSVP:** Hannah Jenkin, [hannahj@farmcove.school.nz](mailto:hannahj@farmcove.school.nz) or

Jordyn Rouse, [rou@pakuranga.school.nz](mailto:rou@pakuranga.school.nz)

**NB:** Please rsvp by Friday 3rd September 2021



Building Minds  
Psychology