

Helping Young Children With Their Worries



Wednesday, 11 April 2012

9:30am - 11:30am

Facilitator: Tonya Schwab

Children don't have to pay bills, cook dinners, or manage carpools. But — just like adults — they have their share of daily demands. If stress and anxiety pile up, children can become worried and stressed. It's natural for all children to worry at times, and because of personality and temperament differences, some may worry more than others. Luckily, parents can help their children to manage these worries and tackle everyday problems with ease. Children who are able to manage their worries, develop a sense of confidence and optimism that will help them master life's challenges. This workshop will help parents teach their children how to handle new or frustrating situations and teach ways of managing and coping with anxieties and worries.

Cost: \$80 SACAC/American Club Member

\$95 non-SACAC member

Venue: The American Club Atrium Room

To register, please contact:

SACAC Counselling
10 Claymore Hill Singapore 229573
Tel: 6733-9249 Fax: 6733-9321
admin@sacac.sg www.sacac.sg

About the Facilitator:

Tonya Schwab holds a Bachelor of Arts in Psychology from the University of Central Florida, USA and a Masters Degree in Clinical Psychology with an emphasis in Marriage and Family Therapy from Pepperdine University, USA. She has clinical experience working with children, adolescents, and families in hospital settings, long-term residential care, non-profit organizations, and school settings. She is a full member of the American Psychological Association and the California Association of Marriage and Family Therapists.

Tonya possesses clinical experience with children and families in the area of developmental delays, post traumatic stress disorder, depression, anxiety, issues of grief and loss, ADHD, bipolar disorder, attachment disorder, sexual abuse, and personality disorders. She is most interested in providing counseling services to assist clients in the area of continued personal growth, dealing with emotional / family conflict issues, stress management, parenting issues, and in the area of attachment.



Singapore's Comprehensive Mental Health Practice, est 1973