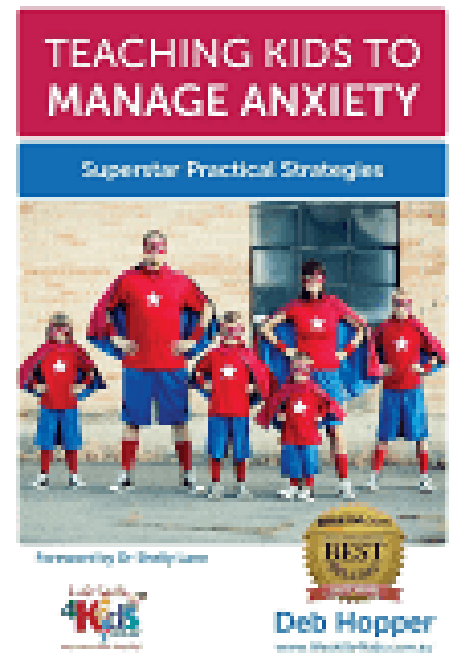


The background is a colorful, abstract painting. It features large, swirling brushstrokes in shades of blue, yellow, orange, and red, creating a sense of movement and energy. On the left side, there is a profile of a person's head in shades of blue and purple, looking towards the right. The overall composition is dynamic and expressive.

**Holding Space #14**  
**Parenting Kids:**  
**Anxious to Calm**

# Agenda

- Welcome
- Parenting Kids: Anxious to Calm
- Connecting In
- Prize Giveaway



# Deb Hopper

## Senior Occupational Therapist



**Deb Hopper** is Director and Senior Occupational Therapist at Life Skills 4 Kids. She has many years' experience working with children and adults who struggle with autism, anxiety, emotional regulation, and sensory processing difficulties.

Deb enjoys working in her private practice and supervises and mentors Occupational Therapists. She loves to create resources, online courses and books for adults and children and is the author of the book *Teaching Kids to Manage Anxiety: Superstar Practical Strategies*.

She is passionate about helping kids reduce their anxiety and worries in every facet of their life at home, school and in the community.

# *Connecting In*



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**Register  
Now**

# **Creating Inclusive Practices to Heal and Learn**

**Thursday 17<sup>th</sup> September  
12.30 - 1.30pm AEST**

# FUN and PRIZES



# Creative Therapy for Children with Anxiety

Jacki Short

Live, Online, Interactive Workshop, 1-2 September

**\$240**

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# TEACHING KIDS TO MANAGE ANXIETY

Superstar Practical Strategies



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Deb Hopper

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