

**Rotary Cambridge Programme for Parents, Teachers & Carers
Wednesday 6 March 2019 @ 9.00 for 9.15 a.m.**

HELPING CHILDREN TO COPE WITH ANXIETY

**Rotary Cambridge Guest Speaker
Claire Orange, BEST Programs 4 Kids**

It's a new academic year, there's a new classroom, a new teacher, new timetables, new classmates, new routines, perhaps no friends – its often too much to juggle. There might also be a new school to compound the problems. No wonder some students, especially at this stage of an academic year, feel anxious about coping with all the unfamiliar challenges and new territory.

The Rotary Club of Cambridge is delighted to announce that children's Clinician Claire Orange from the award winning BEST Programs 4 Kids will be guest speaker at our Rotary Club's first Schools' Programme talk for the 2019 academic year. Claire is deeply committed to helping children to have the best life that they can. As an experienced therapist, mother, author and speaker, Claire is dedicated to raising the bar in children's preventative mental health. As a co-founder of BEST Programs 4 Kids, Claire says there is a collective and growing awareness of the need to teach children early and effectively the skills for life.

If you are in any way concerned about your child's ability (or lack thereof) to cope with the everyday challenges in his or her life, do not hesitate to book your place at what promises to be an interesting, informative and helpful talk by Claire Orange.

Details of this informative Rotary Club of Cambridge Schools' Programme talk are:

Presentation Date & Time: Wednesday 6 March at 9.00 a.m. for 9.15 a.m.

The meeting will close at approximately 10.15 a.m.

Venue: Cambridge Bowling Club, Chandler Avenue, Floreat

Please do not park in the Bowling Club's parking bays

Contact Jeanette Wood to book your place: 0413 190 412 or jp2wood@bigpond.com

Cost: \$5, except for teachers – includes coffee