



**Rotary Cambridge Programme for Parents, Teachers & Carers  
Wednesday 28 October 2020 @ 9.00 for 9.15 a.m.**

**RIDING THE COVID COASTER**  
*Keeping anxiety in check ..... everyone's!*

The coronavirus disruption of the past half year has caused much angst and anxiety for every generation – school children out of their comfort zones, their parents hugely concerned about their job security, income streams, etc. and teachers anxious to ensure that their students are coping and are managing to catch up with their curriculum targets. As a result many schools have observed that their students circumstantially are struggling with increased levels of anxiety. And in parallel many anxious school staff are very aware of increased anxiety in their schools' parent bodies.



Rotary Cambridge is delighted to welcome back as guest speaker Helen Davidson from BEST Programs 4 Kids. Helen is a well recognised experienced, wise, knowledgeable and helpful clinician.

On Wednesday the 28<sup>th</sup> of October at a Rotary Cambridge Schools' Programme meeting Helen will be talking about helping students to cope with Covid-related anxiety. At the same time she will be offering guidance to parents and teachers not only about assisting the children but also about coping with their own Covid related anxieties. Thus her talk will assist everyone to accept the situation in which we now find ourselves, to recognise that things have changed and to adjust to those changes.

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

Date & Time: Wednesday 28 October 2020 at 9.00 a.m. for 9.15 a.m.

The meeting will close  $\pm$ 10.15 a.m.

Venue: Cambridge Bowling Club, Chandler Ave West, 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](mailto:jp2wood@bigpond.com)

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