

Participate in the video online drop in or by phone

We will be offering this support over the following few months in order to reduce the impact of stress and anxiety on people experiencing isolation.

Have your coffee ready!!

DR STEVE WALKER
PRESENTS

Virtual Drop in

Challenging behaviours

Isolation

Anxious children

Need Adult Conversation

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Virtual Drop In Support Group (Free Service) Managing Challenging Behaviours

At Brief Therapy Solutions we have provided therapeutic services to the South West Sydney and Southern Highlands for almost 20 years.

We are aware that those we usually work with experience **significant challenges in managing behavior, anxiety and parenting in the home.**

With the challenges of Self and imposed isolation we are concerned that contact with supports and strategies with be more difficult and anxiety provoking.

- Dr Steve Walker at Brief Therapy Solutions will be offering video group drop in meeting access for people just wanting to make contact and have a chat
- Share your experiences and concerns with other live online participants. Just like an in person drop in support group.

You can hang around (on line) for the entire hour each weekly meeting or just drop in and leave when you're ready.

How?

Email or txt your email address indicating your interest at attending so we can include you in an invitation.

Follow the instructions on your invitation to access the meeting

Log in at the meeting time.

We will be using Zoom Conferencing to facilitate these meetings.

**Wednesdays 10:30 to 11:30 from
1 April to 22 July 2020**