

How to Manage a VCE House: A workshop for families

Presented by Louise Cooper

Tuesday 9th September, 2014

7.00pm-9.00pm

at the Hawthorn Library

584 Glenferrie Road, Hawthorn

Topics include:

- How to help your family's VCE student to stay healthy and productive when preparing for and sitting exams
- Maintaining healthy relationships
- How to offer practical and emotional support
- Maintaining a healthy productive brain
- Healthy sleep and recreation
- How to help rather than hinder
- When enough is enough

Cost: \$20 per family

(Please note that this session is targeted at parents, however young people are also welcome to attend)

Bookings Essential.

For further information or to register visit

www.arcvic.org.au

or call ARCVic Office: 9830 0566

OCD & Anxiety HelpLine: 9830 0533 or 1300 269 438

email – admin@arcvic.org.au