



Calm and Confident Teens: Helping adolescents manage stress, worry, anxiety and difficult times.

Up to 40% of young people experience high rates of stress, anxiety and worry during their adolescence. This seminar is designed to give parents/caregivers of teenagers confidence and skills supporting young people to manage anxiety and stress.

Specific topics covered include:

- Understanding the causes of emotional health concerns, stress and anxiety in teens
- Practical and Evidence based strategies parents/caregivers can use to help young people manage anxiety and stress, feel more confident and resilient
- Parenting/caregiver styles and behaviours which are linked to higher and lower levels of stress/anxiety in young people (including ideas about balancing autonomy, support and appropriate boundaries)



A bit about Kirrilie - Kirrilie has worked as a clinical child and adolescent psychologist for the last 25 years in private, government and community settings. Kirrilie is now the director of Developing Minds, a group of 23 child and adolescent psychologists, has provided therapy to approximately 5000 children, teens and families and supervised over 60 child and adolescent psychologists. She is also a lecturer and course co-ordinator at the University of SA, authored 3 books about young people and provides consultation to national media, education and health organisations.