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**TO** All Principals of Catholic Schools in South Australia

**FROM** Trish Jarvis, Executive Officer – Catholic School Parents SA

**DATE** Tuesday 30 August 2022

**RE** Parent Engagement Evening - Anxiety and Worry in Children and Teenagers presented by Madhavi Nawana Parker.

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Dear Principals,

Catholic School Parents SA (CSPSA) is pleased to present the first Parent Engagement Evening and welcomes all parents and carers of children in Catholic schools to attend.

The event **“Anxiety and Worry in Children and Teenagers”** will be presented by Madhavi Nawana Parker and is described as follows:

*“All children experience some degree of anxiety and worry. This session will help parents and teachers learn to respond in a way that doesn’t further inflame the situation and reduce destructive thinking patterns and improve resilience and wellbeing.”*

Madhavi Nawana Parker is director of [Positive Minds Australia](http://PositiveMindsAustralia.com), and an established author, counsellor and speaker. She has provided young people, families and schools with tools to develop resilience, confidence and wellbeing through counselling, professional development and parent workshops.

The session will be facilitated online and in person. The event will be limited to 150 places in person, with the online platform unlimited.

The details of the event are in this [flyer](#) and below:

**Date:** 20 September 2022 @ 6:30 – 8pm.

**Location:** St Thomas School and Preschool  
10 Ruston Street Goodwood SA

**Cost:** Free

**Registration:** Registrations can be made via the [Registration Centre](#).

I would be grateful if you could share the Parent Engagement Evening with your school community. To do so, please share the links either to the [event on Facebook](#) or [flyer](#).

I look forward to connecting with your communities at this upcoming event.

Kind regards

A handwritten signature in black ink, appearing to be 'Trish Jarvis'.

Trish Jarvis  
**Executive Officer**  
**CSPSA**