



Clarence talks

Need more information?

0438 096 465

helptohealth@ccc.tas.gov.au

All sessions
1 hour

Free for everyone!

BYO healthy snacks



Winter 2020

All talks now online
www.facebook.com/liveclarence/

Monday
June 22

10:00am

Stay Safe Online

Anne-Maree Scott-McGuinness
Rosny Library

Rosny Library will help us explore some important online safety issues, including practical tips to stay safe and what to do if things go wrong.



Wednesday
July 22

10:00am

Helping your child cope with anxiety

Anja Zimmerman
Founder Calm Kidz Program

Do you have a child that worries a lot? Tears at school drop off? There is a lot going on in a child's brain. Anja will help us understand our children's minds that little bit more and teach us some practical skills to help manage strong feelings in stressful times.



Wednesday
August 19

10:00am

Supporting a multicultural Clarence

Louise Adams
Equal Opportunity Tasmania

Explore ways in which we can support a multicultural Clarence. Hear about racism, your rights, discrimination laws and the importance of speaking up and reporting. Learn about the tools for people that have witnessed or been the target of racism or discrimination.



Clarence Talks proudly brought to you by Clarence City Council



Want to know what other activities are on in Clarence? Visit: www.liveclarence.com.au/activities