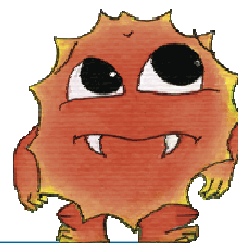


Book Release

Mr Jitters – A storybook to help manage childhood anxiety.



Southern Community Welfare is proud to announce the release of a valuable new resource for children who struggle with anxiety, and their families. In our experience, we have found that behavioural and anxiety difficulties are two of the typically identified issues for children and families today. A story for preschool and early primary school aged children, this book is innovative and, as far as we are aware, the first of its kind as it engages parents to work with their child in their anxious moments to overpower their

“Mr Jitters”. This, we believe, will empower parents to assist their children with coping skills for now and the future. We are a not for profit organisation and any proceeds from the sale of this book will be directed to the ongoing development and delivery of further community programs and services run by Southern Community Welfare.

Mr Jitters sells for \$14.95 GST Free with discounts for bulk purchases (10+).

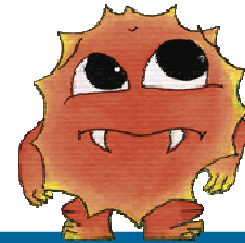
To order a copy of Mr Jitters, phone our office on 9545 0299 or
email admin@scw.org.au.

We accept cheque, cash, Visa, MasterCard and EFTPOS.

For more information on our services, please visit our website.

RRP
\$14.95

Anxiety Facts



- Around 1 in 10 children struggle with anxiety
- Typically anxiety provoking events will lead to avoidance behaviour in children, sometimes misunderstood by others
- 30 to 50% of adults sufferers can identify that their anxiety began in childhood
- Medication is not considered to be as effective as cognitive behavioural therapy in the treatment of childhood anxiety
 - Using imagination, anxiety can be given character and externalised, making it more recognisable and easier to manage
- Parents are the most obvious source for helping children overcome anxious moments

