



Book Release!



Everyday Jitters

Southern Community Welfare is very proud to announce that our new self published book - Everyday Jitters is now available!

Especially written by Jeanene Ecob for children aged 2-6 years, this book is designed to help children manage their fears about everyday situations. Children can only overcome anxiety by facing the things that they are anxious about, confronting them and learning that they will be okay. The positive maxim "Bigger Stronger I think I can" spurs children on in these moments as an encouragement to keep on trying, keep learning and keep believing they can face their fears. Success at these times promotes confidence in their own abilities.

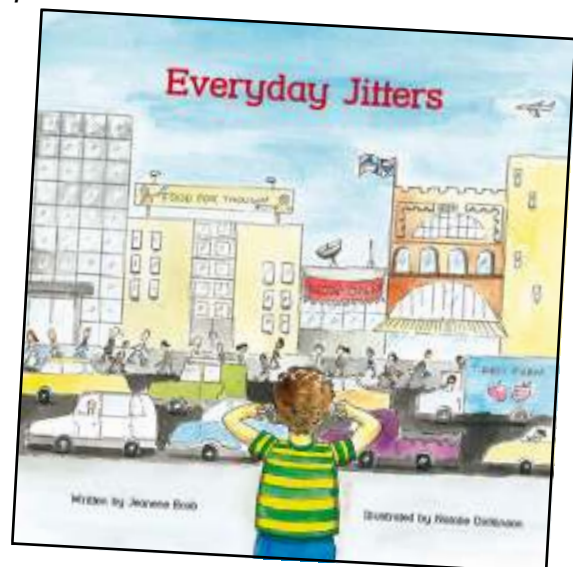
Everyday Jitters is available now for RRP \$14.95 GST Free. To order a copy phone us on 9545 0299 or visit our website www.scw.org.au.

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

NB - We are a not for profit organisation and all proceeds from the sale of this book will fund future projects.



**2-4 Tea Gardens Ave,
Kirrawee NSW 2232
Phone: 02 9545 0299
Fax: 02 9521 6252
E: admin@scw.org.au
W: www.scw.org.au**



For children aged 5-9 years Mr Jitters - a storybook to help manage childhood anxiety is also available. Please see our website for details.