

Helping your Anxious Child *L-Ansjeta` fit-Tfal*

An informative talk for parents, legal guardians, grandparents, teachers, and other persons who are interested in children's emotional and psychological wellbeing.

Anxiety is one of the most common complaints in children. This talk will provide valuable information about the different types of anxiety presented by children, its manifestation and ways of how to respond to anxiety symptoms.

The talk will be delivered by persons trained in Clinical Psychology, Mary Rose Bartolo and Allison Zammit Said.

Choose any date & venue suitable for you:

- 21st November 2014**, 10.30am – 12pm at Local Council, Victoria, Gozo
- 22nd November 2014**, 11.30am–1pm at Local Council, Birkirkara, Malta
- 25th November 2014**, 10.30am – 12pm at Local Council, Qala, Gozo
- 1st December 2014**, 10.30am – 12pm at Local Council, Żurrieq, Malta
- 10th January 2015**, 9.30am – 11am at Local Council, Xagħra, Gozo
- 28th January 2015**, 5.30pm – 7pm at Local Council, St Venera, Malta
- 4th April 2015**, 10.30am – 12pm at Local Council, Kerċem, Gozo

This talk is being offered at a subsidised fee of €8 per person or €10 per couple. Refreshments & certificate of attendance included.

In order to secure a place, kindly fill in the application form attached.

Diskussjoni Informattiva għall- ġenituri, kuraturi legali, nanniet, għalliema, u persuni oħra li għandhom għal qalbhom is-saħħa emozzjonali u psikoloġika fit-tfal.

L-ansjeta` hija waħda fost l-aktar diffikultajiet komuni fit-tfal. Sejrin nipprovdu informazzjoni dwaril-forom differenti ta' ansjeta` u kif dawn jipprezentaw ruħhom fit-tfal sabiex wieħed jkun jista` jagħraf li hemm diffikulta`, x'tip ta' diffikulta` hemm u modi ta' kif wieħed jista` jirrispondi sabiex jgħin lit-tifel jew tifla li jkun għaddej/għaddeja minn dan it-tip ta' diffikultajiet.

Din l-informazzjoni se tkun qed titwassal minn persuni mħarrġa fil-Psikoloġija Klinika, Mary Rose Bartolo u Allison Zammit Said.

Agħzel data u post li jgħodd għalik:

- 21 ta' Novembru 2014**, 10.30am – 12pm fil-Kunsill Lokali, Rabat, Għawdex
- 22 ta' Novembru 2014**, 11.30am – 1pm fil-Kunsill Lokali, Birkirkara, Malta
- 25 ta' Novembru 2014**, 10.30am – 12pm fil-Kunsill Lokali, Qala, Għawdex
- 1 ta' Diċembru 2014**, 10.30am – 12pm fil-Kunsill Lokali, Żurrieq, Malta
- 10 ta' Jannar 2015**, 9.30am – 11am fil-Kunsill Lokali, Xagħra, Għawdex
- 28 ta' Jannar 2015** 5.30pm – 7pm fil-Kunsill Lokali Santa Venera, Malta
- 4 ta' April 2015**, 10.30am – 12pm fil-Kunsill Lokali, Ta' Kerċem, Għawdex

Dan l-avveniment qed jiġi offrut b'rata ta' ħlas issussidjata ta' €8 kull persuna jew €10 kull koppja. Il-prezz jinkludi 'refreshments' u ċertifikat ta' l-attendenza.

Biex tirriserva post imla`l-formola ta' applikazzjoni meħmuża.

B'kollaborazzjoni ma':



Kunsill Lokali Rabat, Għawdex



Kunsill Lokali Ta' Kerċem



Kunsill Lokali Birkirkara



Kunsill Lokali Żurrieq



Kunsill Lokali Qala



Kunsill Lokali Xagħra



Kunsill Lokali Santa Venera



Helping Your Anxious Child

Application Form

Name & Surname: _____

Address: _____

Email address: _____

Mobile Phone Number: _____ Landline: _____

Occupation: _____

How did you get to know about this talk? : _____

I would like to attend on:

- 21st November 2014, 10.30am – 12.00pm at Local Council, Victoria, Gozo
- 22nd November 2014, 11.30am – 1.00pm at Local Council, Birkirkara, Malta
- 25th November 2014, 10.30am – 12.00pm at Local Council, Qala, Gozo
- 1st December 2014, 10.30am – 12.00pm at Local Council, Zurrieq, Malta
- 10th January 2015, 9.30am – 11.00am at Local Council, Xagħra, Gozo
- 28th January 2015, 5.30pm – 7.00pm at Local Council, Santa Venera, Malta
- 4th April 2015, 10.30am – 12.00pm at Local Council, Kerċem, Gozo

Payment method:

I hereby enclose a cheque: Bank: _____ Cheque No: _____ of
Amount: _____ payable to Ms. Mary Rose Bartolo or Ms. Allison Zammit Said.

Postal addresses:

Malta: Mary Rose Bartolo, Birguma Heights Apts. Block C Flat 5, Triq Andrea Debono, Birguma, Malta
Or

Gozo: Allison Zammit Said, North View, Triq it-28 t'April 1688, Sannat, Gozo

Payment condition: To secure a place payment needs to be effected alongside receipt of this application form. The payment is transferable but not refundable.

Signature: _____ Date: _____

L-Ansjeta` fit-Tfal
Formola ta' Applikazzjoni

Isem u Kunjom: _____

Indirizz: _____

Emejł: _____

Numratal-Mowbajł: _____ Linja Fissa: _____

Naħdembħala: _____

Kif sirt naf b'din it-'talk'? : _____

Nixtieq nattendu fid-data ta':

- 21 ta' Novembru 2014, 10.30am – 12.00pm fil-Kunsill Lokali, Rabat, Għawdex
- 22 ta' Novembru 2014, 11.30am – 1.00pm fil-Kunsill Lokali, Birkirkara, Malta
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- 4 ta' April 2015, 10.30am – 12.00pm fil-Kunsill Lokali, Ta' Kerċem, Għawdex

Metodi ta' ħlas:

Qed nehmez Ċekk: Bank: _____ Numru taċ-Ċekk: _____ bl-Ammont ta' _____ indirizzat lil Ms. Mary Rose Bartolo jew Ms. Allison Zammit Said.

Indirizzi Postali:

Malta: Mary Rose Bartolo, Birguma Heights Apts. Block C Flat 5, Triq Andrea Debono, Birguma, Malta
Jew

Għawdex: Allison Zammit Said, North View, Triq it-28 t'April 1688, Sannat, Gozo

Kundizzjonijiet ta' ħlas: Biex tassicura post, il-ħlas irid jiġi mibgħut ma' din il-formola tal-applikazzjoni. B'dan il-ħlas jista' jattendi xi ħaddieħor iżda ma jistax jiġi rrikompensat.

Firma: _____

Data: _____