

# Join TODAY'S #FacebookFriday Online Chat focused on Children and Anxiety

**SADAG'S  
#FACEBOOKFRIDAY  
ONLINE Q&A**

13 November 2020

**Children & Anxiety**

**1pm-2pm Counselling Psychologist  
Reabetsoe Buys**

**7pm-8pm Clinical Psychologist  
Candice Cowen**

Facebook Page: The South African  
Depression and Anxiety Group

Log in via: [www.sadag.org](http://www.sadag.org)

Dr.Reddy's

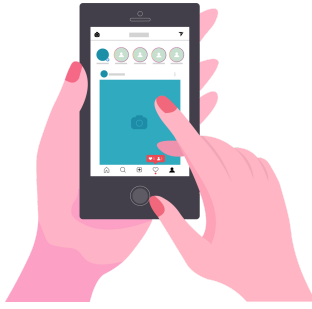
## Join 1pm-2pm & 7pm - 8pm expert Q&A on Children and Anxiety

If you're a parent or a teacher, don't miss this week's #FacebookFriday expert Q&A on CHILDREN AND ANXIETY. Is anxiety in children normal? When is it too much anxiety? What should you be looking out for? How do parents help their child manage anxiety and what to do when your child is overwhelmed with anxiety.

SADAG is hosting a FREE #FacebookFriday Online Q&A TODAY between **1pm – 2pm with Counselling Psychologist, Reabetsoe Buys** and again from **7pm – 8pm with Clinical Psychologist, Candice Cowen**. They will be unpacking the signs and symptoms of children battling with Anxiety and how to deal with it.

To join these expert chats, LIKE SADAG's Facebook Page: [The South African Depression and Anxiety Group](https://www.facebook.com/sadag) or go to [www.sadag.org](http://www.sadag.org). Facebook users that

would prefer to remain anonymous, can send their questions via a private message for SADAG to ask on their behalf.



## How to get help

For telephonic counselling, guidance and support, contact SADAG on 0800 21 22 23 or SMS 31393. Open 7 days a week.

Facebook Page: [The South African Depression and Anxiety Group](#)

Website: [www.sadag.org](http://www.sadag.org)



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