



MANAGING ALLERGIES AT HIGH SCHOOL

Is your child heading to high school next year or in middle school?

At this age kids are becoming more independent and taking more responsibility for managing their own allergies.

Our first workshop for high school kids works to empower them to manage their allergies, develop independence and advocate for themselves at school, with friends and in the community. It is a great way to meet other kids with allergies.

We will work in groups and develop comics while discussing;

- carrying medication
- self advocacy
- assertiveness
- meeting new people
- coping with fears, worries and anxiety
- transition to high school

This is a free event with thanks to Channel 7 Telethon Trust.

<https://www.trybooking.com/CKLNN>

www.allergysupporthub.com.au