

TCK Carer Network
Presents

TCKS AND ANXIETY: WHAT IT IS AND HOW TO SUPPORT THEM

TCKS and Anxiety: What it is and How to Support them
In the TCKs and Anxiety webinar we'll look at the ways anxiety shows up uniquely in the TCK life, signs and symptoms to look for, and how to support TCKs through their anxiety in ways that build resilience.

Lauren Wells is the founder and CEO of TCK Training and Unstacking Company. Lauren is a sought after international keynote speaker, bringing a gentle approach to challenging topics. She has spoken at over 200 events around the globe. She grew up as a missionary kid in Tanzania, East Africa and is the author of Raising Up a Generation of Healthy Third Culture Kids, The Grief Tower, Unstacking Your Grief Tower, and What Made That Feel So Hard (coming March 2024). Her experience as an MK fuels her passion to seek out research-based preventive care methods that help Third Culture Kids thrive in their globally-mobile life.



**THURSDAY 31ST OCTOBER
@ 10:00AM (AEDT)
COST: \$35 FOR MEMBERS
\$40 FOR NON-MEMBERS**

[RSVP here.](#)

The logo for TCK Training. It features the text "TCK" in a large, bold, sans-serif font, with "Training" in a smaller, lowercase sans-serif font below it. To the right of the text is a silhouette of a family (two adults and two children) standing next to a suitcase, with an airplane in the background. The entire logo is set against a light blue circular background.