



## UNDERSTANDING ANXIETY IN CHILDREN 2-WEEK COURSE

\* 2 x 2-hour sessions \*

TO HELP YOU SUPPORT CHILDREN AND YOUNG PEOPLE WHO MAY BE EXPERIENCING ANXIETY

### A FREE ONLINE COURSE FOR PARENTS/CARERS

- TO UNDERSTAND THE CAUSES OF ANXIETY
- UNDERSTAND PHYSICAL SYMPTOMS AND HOW THEY MAY PRESENT IN CHILDREN
- STRATEGIES TO HELP A CHILD MANAGE THEIR STRESS AND BUILD RESILIENCE

**DATES:**  
Thurs 6th & 13th March

**TIME:** 9:30-11:30am

**VENUE:** Howe Dell Primary School

To book a place, please use the QR code or go to this link:

<https://forms.office.com/e/8briKj8jR8>

