



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 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>

