



UNDERSTANDING ANXIETY IN CHILDREN 2-DAY COURSE

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: 27th & 28th Feb

TIME: 12:30-2:30pm

**VENUE:
Panshanger Primary School**

To book a place, please use the QR code or go to: <https://forms.office.com/e/mHLehRY4yV>

