



PARENTING AN ANXIOUS CHILD

Zoom Workshop for Parents & Carers of children aged 5-11

Topics covered include:

- Understand what anxiety is
- Look at and understand the different types of anxiety and how to recognise it
- How anxiety and stress are linked
- What happens when anxiety overwhelms someone
- Share some solution focused tools to support young people handle their anxiety



An interactive light bite masterclass which allows you to understand anxiety and think about how to support a child with anxiety

This unique and inspiring parenting masterclass develops confidence in understanding anxiety and discusses how to explain the process to children.

EVENT DATE AND TIME

Tuesday 23rd November
2021

10am -12pm

£5.00 per household

BOOKING INFORMATION

To request a booking form please contact Jo at Aspects by emailing

admin@aspects.org.uk

Or call 01279 758134