



Workshop for Parents: Overcoming your child's fears and worries

- **Date:** 20th September 2018
- **Time:** 9.30am with coffee available from 9am
- **Venue:** Parkfields Middle School

We are able to accommodate a small number of children if alternative childcare arrangements cannot be made.

The session will be around 90 minutes and aims to:

- ✓ Help parents to better understand what anxiety looks like in children and young people
- ✓ Consider the different factors that lead children to feel anxious
- ✓ Help parents to think about things they can do to manage anxiety and build confidence in children.

If you are interested in attending this workshop please go to the following link.

Link: <https://www.eventbrite.co.uk/e/parkfields-tickets-50062056960>

Password: Parkfields

You are not required to print your ticket; however booking is essential as spaces are limited.

