



HELPING YOUR CHILD MANAGE ANXIETY

Discover how to help your child with anxiety. Working with the tutor and other parents and carers, you will increase your understanding of anxiety in children, and learn new ways to help them manage it. This **FREE** course is for parents and carers of children aged 4-11 years.

This is an online course that will take place on Microsoft Teams. Further information will be emailed out after booking your place.

To book your place: