

Understanding Anxiety Parent/Carer workshop

Thursday 30th April 5- 7 pm.
Online via Microsoft Teams.

This workshop covers:

How to respond to and support your child with regulating and managing their anxiety whilst being compassionate to yourself as a parent.

Aims and objectives:

Build a greater understanding of anxiety. Learn what anxiety in children looks like and develop techniques/strategies to respond to anxious behaviours and anxiety symptoms.

Book your slot via this EventBrite QR Code:



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