

Want to know how to support your child?

Our online workshops can help you understand anxiety and resilience better and how you can help children cope with this:

Parenting the Anxious Child

- Primary school aged children
- Based on established research
- Available monthly
- What anxiety is and how to recognise it in children
- What fear and anxiety are and what happens in the brain when we get anxious
- How thoughts, feelings and behaviours can lead to the anxiety trap where both parents and children can get stuck
- How you can help anxious children, looking at practical, hands on strategies as well as some reflective work
- Live and interactive, giving you the chance to ask anonymous questions which will be answered during the session

Online webinar

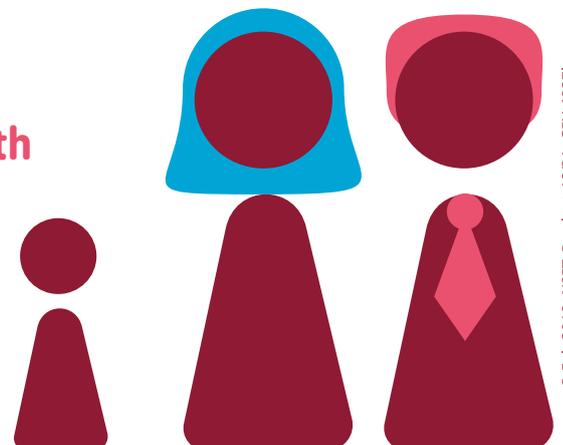
When: Running fourth Tuesday of every month

At: 10-11.30am

For more information:

<https://www.wellbeingnands.co.uk/courses>

If you are a professional wishing to make a referral please send to:
nmh-tr.ewh@nhs.net



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