



**UNDERSTANDING
ANXIETY
IN CHILDREN
4-WEEK COURSE**

**TO HELP YOU
SUPPORT
CHILDREN AND
YOUNG PEOPLE
WHO MAY BE
EXPERIENCING
ANXIETY**

A FREE ONLINE COURSE FOR PARENTS/CARERS

- **TO UNDERSTAND THE CAUSES OF ANXIETY**
- **UNDERSTAND PHYSICAL SYMPTOMS AND HOW THEY MAY PRESENT IN CHILDREN**
- **STRATEGIES TO HELP A CHILD MANAGE THEIR STRESS AND BUILD RESILIENCE**

**DATE: Thurs 22nd Sept
→ 13th Oct**

TIME: 12:30-2:30pm

ZOOM COURSE

**To book a place, please use the QR code
or go to this link:
<https://forms.office.com/r/hKtG5YM3t0>**

