Supporting your Anxious child

On this online course you will work alongside your tutor and other parents to increase your understanding of anxiety in children.

You will learn how to:
- Recognise the signs of anxiety.
- Identify some of the possible reasons children have anxiety.
- Develop strategies to help your child manage these feelings in a supportive group.

Don't forget to scan the QR code and visit our website!

Date: Monday 04/03/2024-18/03/2024
Time: 10am-11.30am