



Cambridgeshire
County Council

SUPPORTING YOUR ANXIOUS CHILD



ON THIS 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.

START DATES:

6/11/2024 - 12PM - 1.30PM

27/11/2024 - 12PM - 1.30PM

 HOURS PER WEEK: 1.5

 DURATION: 3 WEEKS

ONLINE

CALL TO BOOK 01353 613013 OR
SCAN QR CODE FOR MORE INFO

