**Anxiety in adolescence: how can parents help?**

Date: Monday 14th November

Time: 5-6pm

Venue: Virtual via Zoom

It is normal to sometimes feel anxious, however for some adolescents, anxiety can become a significant problem that stops them from doing things, e.g., talking to new people, going out with friends, or doing their best in exams. The focus of this webinar will be on what parents/carers can do to help their teens who are experiencing anxiety. It will cover when anxiety is normal vs. problematic, common anxieties during adolescence (exam stress, social anxiety and worries about identity and development), the relationship between parent-child anxiety, and how and when to access support for you and your child. We will also discuss a couple of ‘real world’ examples of common adolescent anxieties and different strategies that may be helpful in those situations.

***Register in advance for this meeting:***

<https://annafreud.zoom.us/meeting/register/tJYtdeippj8pG9OyA9DL9Ka3f8nrCFwxO1If>

*After registering, you will receive a confirmation email containing information about joining the meeting.*