

Tower Hamlets Talking Therapies is running a 'Worry Management for Parents

- **Webinar session on *Wednesday 28th April at 11am.***
 - **What will this webinar cover?** This webinar will aim to increase your understanding of anxiety and worry as well as identify the key worries you may have from a parent perspective but also more generally (ie. Worry about the pandemic, worry about work etc).
 - We will be going through a Cognitive Behavioural Therapy (CBT) technique called Worry Management which will allow you to re-gain control of your worries and reduce the impact worries may have on your day to day life.
 - **Who is it for?** This webinar is open to parents who **live in Tower Hamlets or have a GP in the borough only.**
 - **How to register:** Sign up using the following link: <https://bit.ly/32tHYwE>
 - When we receive your registration form, you will be emailed the link to join the session a day prior to the session
 - Please feel free to get in touch if you have any questions, **Khudaija Ismail** Community Engagement Worker
 - Tel: 0207 702 7641, Mob: 07584595728
 - email: khudaija.ismail1@nhs.net
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