

# Family and Community Learning

Discover Opportunities - Develop Skills - Achieve Ambitions



Online Course

## Supporting My Teen with Anxiety

Tuesday 16 June 10am - 12pm



Book by  
9 June

- Understand the challenges teens face and how anxiety affects them
- Learn practical ways to boost your teen's emotional wellbeing at home
- Discover strategies to help your teen manage anxiety in everyday life

For bookings scan the QR code or contact: 01225 770478

[familyandcommunitylearning@wiltshire.gov.uk](mailto:familyandcommunitylearning@wiltshire.gov.uk)

<https://workwiltshire.co.uk/family-and-community-learning/>



Courses are no cost to learners who meet our eligibility criteria. Learners must be aged 19+ years, have a Wiltshire postcode, and meet residency requirements. Learners must also be able to tick **one** of the following criteria: individual income less than £25,750 a year; in receipt of benefits (other than child benefit); be a care leaver, foster carer or carer; be a military family or ex-armed forces personnel; have refugee or asylum seeker status; have a learning difficulty or disability; be looking to work, now or in the future.



**Wiltshire Council**