



Cambridgeshire
County Council

SUPPORTING YOUR ANXIOUS CHILD



**SUITABLE FOR
PARENTS OF
PRIMARY AGED
CHILDREN**

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.

EVERY THURSDAY FOR 3 WEEKS

START DATE: 9/01/2025

END DATE: 23/1/2025



TIME:

6PM - 7.30PM

ONLINE

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

