



SUPPORT FOR PARENTS OF CHILDREN WITH ANXIETY

FREE Online Workshop for parent carers in North East Lincolnshire

Anxiety can be difficult to manage. This workshop discusses what anxiety is and gives you strategies to help your children recognise and manage their anxiety.

The workshop will cover:

- * What is Anxiety
- * What are the signs of Anxiety and how it can make you feel
- * What are the causes of Anxiety
- * Different types of Anxiety
- * Strategies to help recognise and manage anxiety

Tuesday 20 June 2023 - 10am- 12pm - online via Zoom

To secure your place on this FREE workshop please book via
Eventbrite- bit.ly/NELincsAnxiety.



contact *For families
with disabled children*

Contact is a trading name of Contact a Family. Charity registered in England and Wales (284912) and Scotland (SC039169).