



## 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

**Monday 28 November 2022 - 10am- 12pm - online via Zoom**

To secure your place on this FREE workshop please  
book via [Eventbrite here](#)

**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).