



## Understanding and supporting your child's anxiety

**Course  
Dates:** Thursday  
5th June 2025

**Times:** 10:00am to 12:00pm

**Location:** Online

This online workshop is designed to help you understand anxiety in primary-aged children.

We will cover what anxiety is, how it can show up in behaviours, and explore effective ways to support your child in managing their feelings. You'll learn practical strategies for helping your child regulate their emotions and build coping skills.

Join us to gain insights and tools to support your child's mental well-being and create a calm, supportive environment at home.

To request a place on this course:



01793 466482



acl@swindon.gov.uk

Find details of more Adult Community Learning courses using the QR code above or [www.swindon.gov.uk/adultlearning](http://www.swindon.gov.uk/adultlearning)

\* To be eligible to enrol on these free courses you need to: be over 19 years old as of 31st August 2024; have lived in the UK or EU for at least the last three years, or be a refugee (or asylum seeker and lived in the UK for at least 6 months); be a Homes or Families for Ukraine visa holder; be an Afghan ARAP or ARAC visa holder; be a Hong Kong BNO visa holder (only for English for Speakers of Other Languages courses); be unemployed, or working and earning less than £25,000 a year. For more information about our eligibility criteria please visit our website [www.swindon.gov.uk/adultlearning](http://www.swindon.gov.uk/adultlearning)