

Child & Adolescent Anxiety Workshop

Anxiety is the most common emotional difficulty affecting children and young people

Would you like help to understand your child or young person and how they are feeling?

This group based virtual workshop will:

- Focus on the different signs of anxiety
- Help parents/carers identify anxiety in their child
- Explore a variety of strategies that can aid the reduction of anxiety

Wednesday 24th March 2021

Sessions available 10am – 12md or 4-6pm

Call to book	South Essex	0300 247 0013
	Mid Essex	0300 247 0014
	North Essex	0300 247 0015
	West Essex	0300 247 0012



***NB when calling, you will be asked to provide us with your email address in order to receive the link for the virtual workshop.**

Services commissioned by: