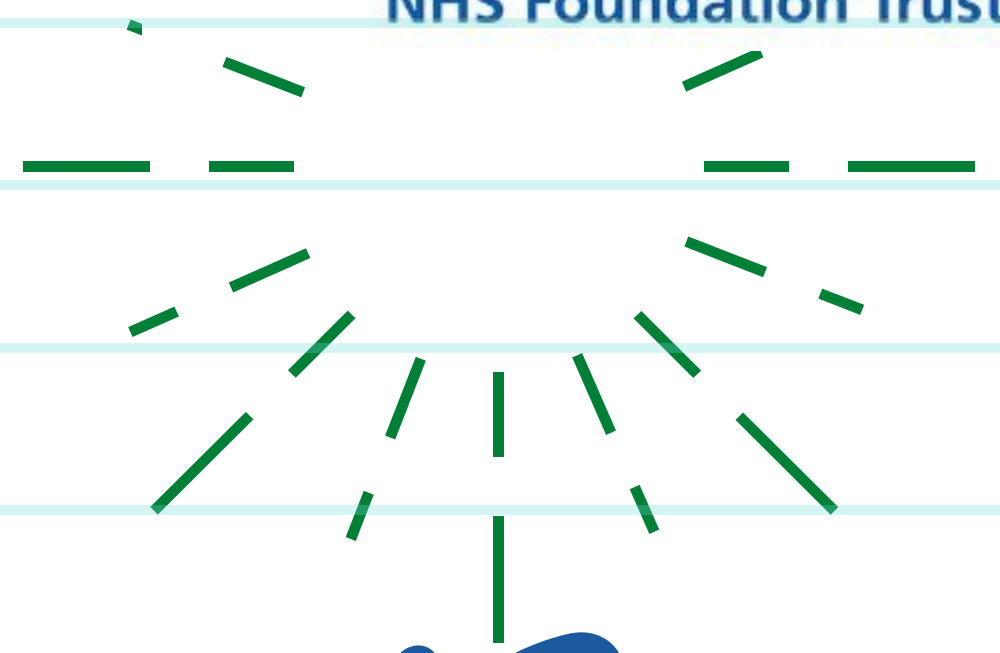
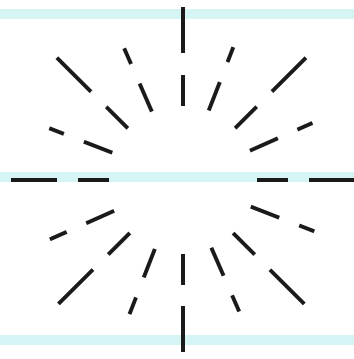
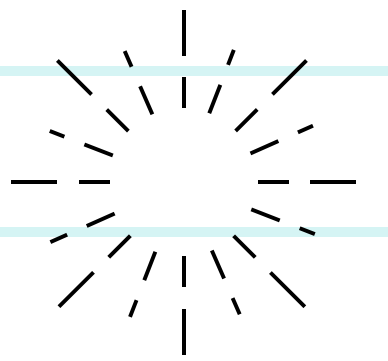




MANAGING YOUR CHILD'S WORRY

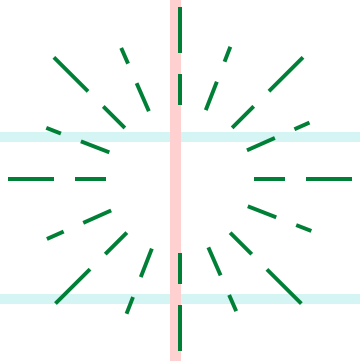


All parents, carers and staff are welcome

You will learn:

20/10/21 10am

13/12/21 4pm



How worry differs from anxiety

The importance of allowing our children to worry

Effective ways to control worry

Learning children about the anxiety response

Explore ways to communicate with children about
worry

self-help strategies to support
worry and anxiety

