


Managing Anxiety



What are the common signs of anxiety?

How can I support my child with anxiety?

- ♦ Worry management
 - ♦ Mindfulness
 - ♦ Healthy coping
 - ♦ Neurodiversity

What is Anxiety?



A 2-hour workshop for
parents & carers
via MS Teams

17th October 2024
10am–12pm

Book your place via email to
bsmhft.parenting@nhs.net or via the QR code

