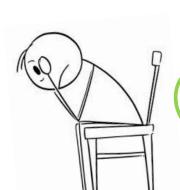
## **Managing Anxiety**

What is Anxiety?

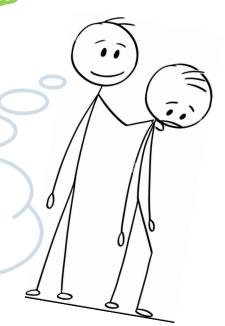


What are the common signs of anxiety?

How can I support my child with anxiety?



- Mindfulness
- Healthy coping
- Neurodiversity



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











