

Parent Workshop

Supporting Children and Young people with
fears, worries and anxiety



- What are fears & worries and what do they look like in children ?
- What keeps fears and worries going?
- Look at strategies for managing fears & worries and building confidence

Location: Kender primary school

Wednesday 22nd April

9:00am - 10:00am

A safe place for you to:

- Discuss wellbeing concerns about your child
- Share and/or listen to experiences
- Connect with others & discuss ideas
- Learn about options for support



**Please speak to
Beverley Brown for more information**