

Managing Worries & Anxiety

Date

Wednesday 15th May 2024

Time

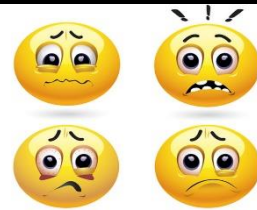
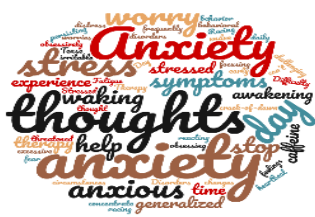
10:00 to 11:30 am

Session will be held virtually via Microsoft Teams

Would you like some strategies to help manage your child's worries and anxiety?

A **free** workshop for parents:

- What is anxiety?
- The signs to look out for
- Strategies to help your child to manage worries and anxiety



For more details and to book, please email:

jnethercoat@hobbshillwood.herts.sch.uk

Please include contact details and
name of child's school when booking

Tel: 01442 401222 Ext: 5