



Are you living with or caring for a young person struggling with Anxiety, Panic attacks and stress?

Do you want to learn techniques in how to give them the support they need and help them to take control?

Anxiety can really take a toll on a child's life, as well as on yours and everyone else with whom they live. There are many pressures in today's world that can contribute to your child feeling anxious and stressed such as, finding out who they are and deciding what and where to go next in their lives. Anxiety can lead to you feeling distant from your child and leave them struggling with their home and social lives. It can be very destructive and leave you all feeling helpless when there is little or no communication going on.

This session will equip you with skills to help support your child in coping and overcoming their anxiety and stress. It looks to empower them, to help identify their passions and focus more clearly on their future whilst giving you peace of mind. Professional Counsellors will be there to deliver this workshop and support you every step of the training.

Your next available Workshop will be held:

On: Tuesday 27th March 2018, 18:30 – 20:00

At: Rivermead Primary, Woodley (01189 540 770)



BOOKING IS REQUIRED AND A LIMITED NUMBER OF SPACES ARE AVAILABLE SO PLEASE BOOK PROMPTLY. WE REQUIRE A MINIMUM OF 15 ATTENDEES FOR THE SESSION TO RUN.