



Workshop for Parents: Overcoming your child's fears and worries

- **Date:** 1st February 2018
- **Time:** 9.30am with coffee available from 9am
- **Venue:** Vale Academy

We are able to accommodate a small number of children if alternative childcare arrangements cannot be made.

The session will be around an hour and aims to:

- ✓ Help parents to better understand what anxiety looks like in children and young people
- ✓ Consider the different factors that lead children to feel anxious
- ✓ Help parents to think about things they can do to manage anxiety and build confidence in children.

If you are interested in attending this workshop please contact CHUMS on 01525 863924 and ask to speak to the Family Wellbeing Team. Alternatively you can email Rebecca.adlington@chums.uk.com

Spaces are limited.

We look forward to hearing from you!



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