



## Workshop for Parents:

### Overcoming your child's fears and worries

- ❖ **Date: Tuesday 16<sup>th</sup> October 2018**
- ❖ **Time: 9.30am with coffee available from 9am**
- ❖ **Venue: The Vale Academy**

The session will be around 90 minutes 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 go to the following link.

Link: <https://www.eventbrite.co.uk/e/vale-academy-tickets-50118425560>

Password: Valeacademy

You are not required to print your ticket, however booking is essential as spaces are limited.

