

Understanding and Managing...

ANXIETY

A FREE 3 week course for PARENTS

Course Covers:

What is anxiety

The effect of anxiety on my child

How it affects us as parents

Helpful strategies to support my child and myself

When: Thursdays 9-11am,

Dates: October 5th, 12th and 19th

Where: Community Room

Coffee/tea and biscuits provided

ALL WELCOME

Course facilitators: Louise Jones and Louise Froggatt

PLEASE CONTACT THE SCHOOL OFFICE
TO BOOK A PLACE!