

'Helping Children/Young People Cope With Anxiety and Build Resilience'

This is a 90 minute session to support parents/carers and provide strategies and techniques to help manage anxiety. There will also be opportunities to ask questions and meet other parents.

Areas covered include:

What is anxiety and where does it come from?

How does anxiety impact on our children?

New Dates:

5th March 2024 11.45am -1.30pm – at (Moulsecoomb Family Hub Centre) Hodshrove Ln, Brighton and Hove, Brighton BN2 4SE

<https://www.eventbrite.co.uk/e/helping-childrenyoung-people-cope-with-anxiety-and-build-resilience-tickets-753678983127?aff=oddtcreator>

14th May 10.30am-12pm – at Portslade Hub:

<https://www.eventbrite.co.uk/e/helping-childrenyoung-people-cope-with-anxiety-and-build-resilience-tickets-753682654107?aff=oddtcreator>