

TALKING ANXIETY in FAMILIES



Tuesdays 9.45-11.30am Online Course: ID 677
5th November - 10th December 2024

6, weekly sessions for parents and carers of children aged under 12, supporting you to:

- **Understand why young people and adults get anxious.**
- **Develop strategies to handle anxiety in yourself and others within your family.**
- **Recognise the early signs of anxiety and be able to avoid escalation.**
- **Reduce stress and tension.**
- **Encourage resilient behaviour and strengthen relationships in the family.**

Our online support sessions are delivered weekly via Zoom.

Groups are open to parents, carers, grandparents and guardians living, or with a child in school, in Hertfordshire.

'This course has helped us massively. We are responding so differently, and its really helping us all to cope day to day.'

Booking essential

Please quote the course ID
To check eligibility and book a place, contact Supporting Links on:

07512 709556

bookings@supportinglinks.co.uk

www.supportinglinks.co.uk