



Understanding & Helping Young Children Manage Worry & Anxiety

Beyond Psychology provide a two part 90-minute **online workshop** to give parents practical skills based on scientific research and evidence around managing worry and anxiety. Helping parents understand how to manage and help their child with anxiety & worry is the best strategy for preventing difficulties in the future.

This workshop is helpful for parents of children up to 11 years old, who struggle with anxiety, worries & phobias. Tasks to practice at home with your child and handouts will be provided in week one, and session 2 will be used to talk about how these activities helped and/or, iron out any difficulties you might have had putting them into place.

Dates: 8th April & 29th April
12th May & 9th June

Time: 10am-11:30am.
6pm-7.30pm

To book: <https://www.eventbrite.co.uk/o/beyond-psychology-15624384418>

Cost: FREE (Funded by NHS Heywood, Middleton & Rochdale CCG, therefore this workshop is intended for people living in these areas)

www.beyond-psychology.co.uk
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