






Supporting your Child Overcome Anxiety



This course can help you reflect on how you look after your own emotional wellbeing, so you are better able to support your children. You will be exploring the causes of anxiety and the impact on family life, as well as learning techniques for staying calm and creating a positive environment for children to develop their own strategies for coping with anxiety.

How to book

	Where:	Thornbury - The Chantry
	When:	Tuesdays from 13.00-15.00pm.
	Start date:	07.05.24 – 18.06.24 (Exc week comm 27th May)
	Book here:	07548 103398 or aimee.hilbourne@southglos.gov.uk
	More info:	southglos.gov.uk/communitylearning or Facebook: sgloslearning
		acl-south-glos.glideapp.io (or scan the QR code below)

Funded by:



*For adults aged 19+ with few or no qualifications; or experiencing other barriers to work. We will also need to see evidence of identity and eligibility for this course. Please contact us for further details

