

TALKING ANXIETY in FAMILIES



Mondays 7.45-9.15pm Online Course: ID 621
**29th January, 5th, 12th, 26th February 4th, 11th March
2024**

**6, weekly sessions for parents
and carers of children 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