



THE TROUBLE WITH WORRY

Parenting children who struggle with anxiety

Wednesday 21st March 2018

09.30 – 12.30

**'The Community Room', Liphook Infants, Avenue Close,
Liphook GU30 7QE**

Some children find that change, uncertainty or progress makes them feel very worried and anxious. These anxieties can express themselves in many different ways and can sometime leave parents wondering what to do in order to help them. In addition, parents can experience their own strong emotions in reaction to their child's anxiety.

The aim of the session will be to:

- Provide information about why children become anxious.
- Give some very practical tips and strategies for reducing your child's level of anxiety.

Facilitators: Sarah de Marcos and Sheena West

Cost: Free (donations for coffee/tea welcome)

Booking essential: To book please text: 07525 482042 or Email: sdemarcos@bohunt.hants.sch.uk