

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 aged 12-19, 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