

## **ONLINE PARENT WORKSHOP**

### **MANAGING YOUR CHILD'S WORRIES**

- *Are you struggling with ways to manage and cope with your child's worries?*
  - *Does your child catastrophise?*
- *Would you like to learn new strategies and skills to support your child with their anxiety and worries?*

**Then come along to the parent workshop led by  
your CWP, Nicola Flaxman on  
Monday 7<sup>th</sup> December 2020 at 9.30am  
via Microsoft Teams**

**To be sent a link for this workshop, please  
[CLICK HERE](#)**

