





## Helping Children to Overcome Anxious Thoughts and Worries

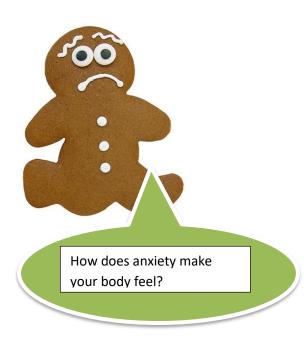
## A 2-hour session delivered in school

On: Wednesday 25th May 2022

At: 9am -11am

## The session will give you the opportunity to

- · Discuss what happens when children become anxious
- · Look at techniques for helping children deal with their fears and worries
- Share ideas and encouraging one another
- Have a go at using some of the resources that can be used with children.





Please contact Mrs Payne at the school office 01344 455815 to book a place.

A limited number of places are available.