

Helping our children to deal with their worries and anxious thoughts



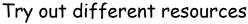
A series of 5 sessions provided by Bracknell Family Learning Team to give parents/carers some great ideas and resources to use with their children

- What to do when your child gets anxious
- Lots of ideas to help your child to be more confident and relaxed

 Make & Take - things to make and do with your child to give them helpful tools and techniques







A chance to chat and ask questions

Tuesday	Tuesday	Tuesday	Tuesday	Tuesday
11/10/22	18/10/22	1/11/22	8/11/22	15/11/22
9:00-11:00am	9:00-11:00am	9:00-11:00am	9:00-11:00am	9:00-11:00am

There will also be a short pre-course meeting on Thursday 6th October at 2:15 where you can meet our tutor **Inge Taylor** and find out more about what's involved Please speak to Mrs Payne (<u>DPayne@birchhillprimaryschool.co.uk</u>) if you require further information or would like to reserve a place for you and your child.