



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



Try out different resources

A chance to chat and ask questions

Tuesday 11/10/22 9:00-11:00am	Tuesday 18/10/22 9:00-11:00am		Tuesday 1/11/22 9:00-11:00am	Tuesday 8/11/22 9:00-11:00am	Tuesday 15/11/22 9:00-11:00am
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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 (DPayne@birchhillprimaryschool.co.uk) if you require further information or would like to reserve a place for you and your child.