



Equipping lives 4 Good



THE CPD STANDARDS OFFICE
CPD PROVIDER: 21720
2023-2025
www.cpdstandards.com

ANXIETY

My child & me

This is a one day workshop for parents with children with anxiety.

This workshop will provide the opportunity to:

A photograph showing various workshop materials on a table, including a tray of colored markers, a glue stick, and some papers.

Explore how your child's anxiety impacts you

Explore your responses

Explore your own triggers to anxiety

A photograph showing several people's hands working at a table, likely participating in a workshop activity.

Explore grounding and mindful techniques

Friday 26th May 2023 from 9:15-2:45pm

The cost is £25 per person.

This workshop will be held at Create Hope, The Courthouse, Broadway, Bracknell, Berkshire. RG12 1AE

If you would like to book a space, call us on 01344 566295 or email mail@createhope.co.uk