



Helping our children to deal with their worries and anxious thoughts.

A series of 3 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 activities - things to do with your child to give them helpful tools and techniques



Ideal for helping children with anxiety, or sleep issues

Try out different resources

A chance to chat and ask questions

Tuesday 12 th November 2024 9-11am	Tuesday 19 th November 2024 9-11am	Tuesday 26 th November 2024 9-11am
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Please speak to Mrs Payne D.Payne@maidenerlegtrust.org or Inge Taylor: inge.taylor@bracknell-forest.gov.uk if you require further information or would like to reserve a place for you and your child.