

Anxiety in Children & Young People



NESSie



Supporting Positive Mental
Health in Schools
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THE LETCHWORTH
CENTRE FOR
HEALTHY LIVING

Charity Registration No. 295219 • Est. 1984

PARENT FORUM

Exploring causes of anxiety in children and young people and an opportunity to discuss effective management.

This forum is designed to give parent/carers the opportunity to explore and discuss the issues around anxiety in children and young people.

The aim of the session is to help develop a better understanding of feelings and the ways in which we can support children to develop confidence and resilience.

This training will be led by Harri Nicholas (Art Therapist) and Charlotte Wilmer-Barbrook (Dramatherapist) from NESSie CIC

DATE & VENUE

Date: Wednesday 25th March

Time: 7:30pm-9:30pm

Venue: The Letchworth Centre for Healthy Living, Hitchin Road, Letchworth, Hertfordshire SG6 3NA

Room: Garden Room

Cost : £10

TO BOOK A PLACE PLEASE VISIT:

<https://www.lechworthcentre.org/classes/lunchtime-talks-and-workshops/>

OR PHONE: 01462 678 804

Please contact Sarah Blackford at NESSie for any further information: sblackford.nessie@kjar.org.uk