

**Our costed  
training sessions  
are available to all  
parents/carers  
and professionals  
in Hertfordshire**

**Contact us to  
discuss your  
training needs, or  
head to our  
website by  
scanning the QR  
code below:**



# CYP WORKSHOPS

## **COSTED TRAINING**

- Understanding Anxiety in Children and Young People
- Understanding Self-Harm in Children and Young People
- Understanding Eating Disorders in Children and Young People
- Understanding Anxiety and Building Resilience (Also available for CYP)
- Using Creativity for Promoting Wellbeing (Available for Children and young people)