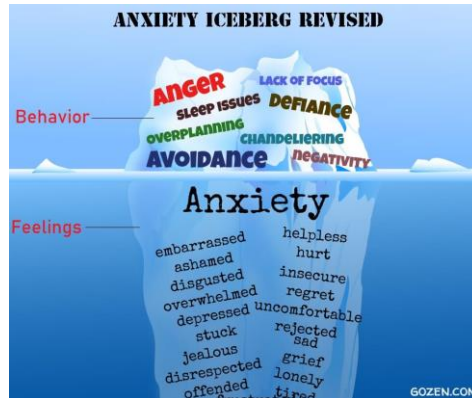


Managing anxiety and strong emotions



Guidance on how to support young people with anxiety and strong emotions

Opportunity to ask questions, gain information, advice, and guidance from Early Help Emotional Health and Wellbeing Practitioners

Tuesday 21st March 2023

4.30-5.30pm

Free to attend via Microsoft Teams

Register for your place via the Eventbrite link below

<https://www.eventbrite.co.uk/e/518753484637>

Resources will be sent out after each session

Organised by the CBC Early Help Teams:

For more information, please contact

North Early Help [_northearyhelp@centralbedfordshire.gov.uk](mailto:northearyhelp@centralbedfordshire.gov.uk)

South Early Help [_southearlyhelp@centralbedfordshire.gov.uk](mailto:southearlyhelp@centralbedfordshire.gov.uk)