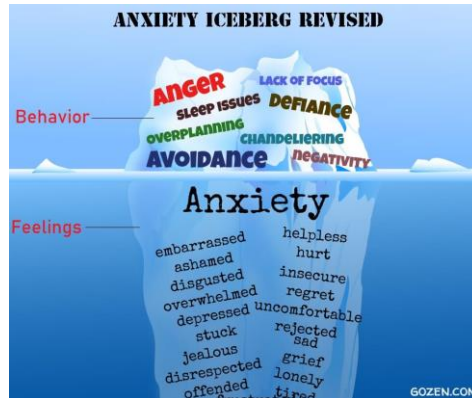


## Managing anxiety and strong emotions



**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**

**Wednesday 15<sup>th</sup> March 2023**

**4 - 5 pm**

**Free to attend via Microsoft Teams**

**Register for your place via the Eventbrite link below**

**<https://www.eventbrite.co.uk/e/518759422397>**

**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)