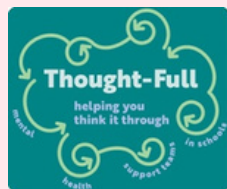




Let's Talk: Anxious Teens



a Parent Workshop from Thought-Full

Mental Health Support Team

Is your child **anxious**?

Over a wide **variety of themes**?

Is it often for no **apparent cause**?



Perhaps you are anxious about their anxiousness?

We'll cover types of anxiety, the correct terminology to use, strategies to give your child and info on anxiety maintenance, that is only sustaining their worries.

Nov
16

Thursday
16th
November



5 - 6pm



PROBLEM SOLVE TOGETHER

Future Dates:

- Weds 24th Jan
- Weds 22nd Mar
- Thurs 2nd May
- Thurs 18th July



Attending doesn't make you a bad parent, we just want to **help you, to help them.**

We look forward to welcoming you



SHARE QUICK WINS



LEARN ABOUT THE BRAIN



CONNECT WITH OTHER FAMILIES



GAIN IDEAS