

Do you live with a young person suffering from anxiety, panic and stress?

HELP YOUR CHILD ATTACK ANXIETY

Oaklands Junior School

Butler Road, Crowthorne, RG45 6QZ

Help Your Child Attack Anxiety Workshop

Monday 27th November, 6:30-8:30pm

Anxiety can really take toll on not only the child's life but your life as well. There are many pressures that can contribute to your child feeling anxious such as; finding out who they are or deciding what to do and where to go next in their lives. Anxiety can lead to you feeling distant from your child and leave them struggling with their home and social life. It can be very destructive and leave you both feeling helpless when there is little or no communication going on.

This session will equip you with the skills you need to support your child to cope and overcome their anxiety and stress, empowering them to identify their passions and focus more clearly on their future whilst giving you peace of mind.

If you have any questions please contact the Public Health team on 0118 908 8195



**To register on this workshop, please
email: nlenon@oaklands-jun.wokingham.sch.uk**



**LEARN TO GIVE THE
SUPPORT YOUR CHILD
NEEDS. HELP THEM
TAKE CONTROL**

