

Managing your child's Anxiety



Course Topics

- ◆ Find out how to recognise signs of anxiety in your child
- ◆ Discuss the traps in responding to anxiety
- ◆ Learn how to respond positively to your child's anxiety
- ◆ Discover ways of supporting your child to manage their worries

Course Features

- ◆ 2 sessions (1 hour each)
- ◆ Tutor led, interactive sessions via Zoom
- ◆ Discuss topics online live with your tutor and with other learners
- ◆ The course is suitable for parents of primary school aged children



Booking

- ◆ Course Fee £15 or free if not working and claiming jobseeking benefits
- ◆ Download and submit an application form at <https://sites.google.com/view/wokingham-acl/course-applications>
- ◆ or call us on 0778 531 4603 or email adulthoodeducation@wokingham.gov.uk



WOKINGHAM
BOROUGH COUNCIL



Important information about this course

Entry requirements for the course

Eligibility - To access this course You need to live within the Wokingham Borough, be over 19 years old (as of 31st August 2021) and been a National of a country within the EEA and have ordinarily been resident in the EEA for at least 3 years. Also, If you are an EEA National, you need to have obtained either pre-settled or settled status under the EU Settlement Scheme.

Hong Kong British National (Overseas) visa holders in the UK, are eligible if you meet the published residency eligibility criteria **including the 3 years ordinary residency requirement**. [See details here](#). (There are a number of exemptions including those for some for asylum seekers or refugees.) To see all the eligibility rules and exemptions follow the [link to the 2021-22 funding rules](#), especially pages 13-18. Please contact us on 07785 314603 or 0776 738 0722 if you wish to discuss any exemptions further.

Previous Experience - You should be able to read and write in English

Equipment - Zoom works best on a PC, laptop or tablet, and while it is accessible on a phone, your participation in the lesson will be limited as you will not be able to use some of the features commonly used by our tutors. Please let us know before the course starts if you intend to use a phone to connect.

If you have additional learning needs

You can discuss this with your tutor ideally before the course on the first day so that they can work with you to identify what additional support you need. You can also identify your needs on your application form in advance.

How to apply

Places must be booked in advance. Please contact the Adult Education team on 0776 738 0722, 07785 314 603 or via email to adulthoodeducation@wokingham.gov.uk or you can download and submit an application form, from <https://sites.google.com/view/wokingham-acl/course-applications>

Cost of the course

Free subsidised places are available to those claiming income or job seeking support benefits. Please talk to us if you would like to see if you are eligible.

The course fee is due before the course starts.

What you can expect to get out of the course

- Learn more about anxiety.
- Identify the causes and effects of anxiety and the signs of anxiety in children
- Discover ways to manage your child's everyday worries

What you can do after the course has finished

- Practise the skills you've learnt with your children
- Enrol on other family learning courses