

Parent Workshop

Helping your child with anxiety

This workshop covers:

How to respond to and support your child with regulating and managing their anxiety whilst being compassionate to yourself as a parent.



Aims and objectives:

Build a greater understanding of anxiety.
Learn what anxiety in children looks like and develop techniques/strategies to respond to anxious behaviours and anxiety symptoms.

Date: Wednesday 1st October 2025

Time: 13:05 - 15:05 (1:05 - 3:05pm)

Location: Winifred Holtby Academy

