

# Anxiety: Understanding and Supporting your child/ young person

## Workshops for parents and carers



Experiencing some worry and anxiety is normal and common in people of all ages. However, there are times when worry and anxiety can feel very difficult to manage and begins to impact on an individual's wellbeing as well as on their wider friends and family. The COVID-19 pandemic has brought many changes to our lives and for some children and young people this may have led to new worries and anxieties or added to some worries which were already present.

These workshops are designed to help you understand your child/ young person's anxiety and help you to explore strategies you can put in place to support them at home. They will also give you the opportunity to share with and learn from other parents who may be struggling with similar issues.



These workshops are open to any parent/carers who would like additional help to support their child/young person.

### Booking and Dates

We are offering the option of both in person and online workshops to suit your preference.

#### ***In person sessions***

These workshops will be held at the *Open Learning Centre, Rectory Lane, Bracknell RG12 7GR*

**Thursday Feb 3<sup>rd</sup> 9.30-12.00**

Primary age focus

**Tuesday March 1<sup>st</sup> 9.30-12.00**

Secondary age focus

#### ***Online sessions***

*This will be delivered on MS Teams and you will be sent a link following booking.*

**Wednesday Feb 9<sup>th</sup> 13.00-15.00**

**Wednesday March 2<sup>nd</sup> 19.00-21.00**

All ages will be covered in this session

If you would like to attend any of these sessions, please complete the form attached and email to: [Educational.Psychology-Service2@bracknell-forest.gov.uk](mailto:Educational.Psychology-Service2@bracknell-forest.gov.uk) –

Please write ***'Parent Workshop'*** in the email subject line to indicate it is a booking request.

Alternatively, you can phone 01344-354016 and give the required details by phone.

## Booking Form

Anxiety: Understanding and Supporting your child/young person  
Workshops for parents and carers

Name(s) of people attending:			Age of child/children you are concerned about	
Mobile telephone number:		Email address		
Preferred session (please tick one)	Thursday February 3 <sup>rd</sup> 9.30-12.00 <i>Primary age focus</i>			
	Tuesday March 1 <sup>st</sup> 9.30-12.00 <i>Secondary age focus</i>			
	Wednesday Feb 9 <sup>th</sup> 13.00-15.00 <i>Online session</i>			
	Wednesday March 2 <sup>nd</sup> 19.00-21.00 <i>Online session</i>			
<i>I consent to sharing my contact details with Bracknell Forest EPS as part of the workshop booking. I agree to booking confirmations being sent by email.</i>				
Signed:			Date:	