

SEN Parent Workshop

Monday 20th April 2020 and the
27th April 2020

12.00 to 13.30pm

Alford Access Café
47 West Street, Alford
LN13 9EZ
8 spaces available

Attendance is required on both
dates

Please book your place by
13/04/2020

Supporting Children with Anxiety and Additional Needs

Would you like to learn some new strategies to help your child manage their anxiety?

If so, Healthy Minds are offering a workshop that may be useful for you. This workshop is designed to give parents/carers an overview of Emotional Wellbeing, including the following;

Understand how anxiety may present as challenging behaviour,

Recognise when your child is anxious,

Understand what has triggered that anxiety

Have the confidence to help them manage it.

We will share evidence based coping strategies and techniques that parents may find useful to implement within the home.

Please do not bring your child.

For more information and to book, please visit:

<https://sen-parentworkshop-alford.eventbrite.co.uk>