



Supporting Your Child with Anxiety *with the Trailblazer Team*

STRENGTHENING EMOTIONAL RESILIENCE

- Workshop on how to support your child with their anxiety.
- Helpful coping strategies.
- Opportunity for Q&A and tips for further support.

Want to learn
more about
anxiety to
support your
child?

Need some
tools to help
you manage
your child's
anxiety?

Want the
opportunity to ask
questions and seek
support?



Thursday 19th January 2023
13:00 – 14:00 via Microsoft Teams

To book onto the session please email: beh-tr.camhstrailblazerinbox@nhs.net