

Family Learning are offering a free online workshop called

Reducing Stress and Anxiety in Children

This will be a one off online session via Zoom (once you have enrolled an invitation will be sent).



Tuesday morning

9th March

Starting at 10:00am and finishing approximately 11:30am

Just like adults, children and young people feel worried and anxious at times. However, if your child's stress and anxiety is starting to affect their well-being, they may need some help - especially during these difficult times!

During this session we will be looking at:

How to recognise the signs of anxiety in children

How to help an anxious child

When to seek further help

Hope to see you there!

To enrol on this workshop or if you have any queries please email:

TheLearningPlace@portsmouthcc.gov.uk