



Natural Flair Coaching Ltd

In Partnership with



ASPECTS Family Support Team

Parenting a Child with Anxiety

Light-bite Session



Topics covered include:

- Understand what anxiety is
- Look at and understand the different types of anxiety and how to recognise it
- How anxiety and stress are linked
- What happens when anxiety overwhelms someone
- Share some solution focused tools to support young people handle their anxiety

Delivered by:

Sharon Lawton – Award Winning Parent Coach,



Venue:

Summencroft Primary School,
Bishop's Stortford, CM23 5BJ

Date: Thursday 9th May 2019

Time: 9.30am – 11.30am

Price: £6.00 per person



To request a booking form please
contact Jo at Aspects on 01279 696842 or
email admin@aspects.org.uk