

**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**

**9<sup>th</sup> 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](mailto:TheLearningPlace@portsmouthcc.gov.uk)