

Supporting your Anxious child

On this online course you will work alongside your tutor and other parents to increase your understanding of anxiety in children.

You will learn how to:

- Recognise the signs of anxiety.
- Identify some of the possible reasons children have anxiety.
- Develop strategies to help your child manage these feelings in a supportive group.

Date: Monday
13/05/2024 - 03/06/2024
Time: 10am - 11.30am

Date: Monday
10/06/2024 - 24/06/2024
Time: 10am - 11.30am

Date: Monday
01/07/2024 - 15/07/2024
Time: 10am - 11.30am

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and visit our website!



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01353 613013
or email cambals@cambridgeshire.gov.uk