

Workshop for parents/carers of anxious children

Date:

Time:

Venue:

Purpose of workshop:

This is a free workshop for parents who are concerned that their children may be anxious.

- What is anxiety?
- What is its function?
- What are some of the physical responses to anxiety?
- How can we recognise anxiety in children and ourselves?
- What are some of the ways in which we can help anxious children?
- An opportunity to share experiences and your own knowledge.
- For parents to meet and support each other.

Who am I?

My name is Dr Leona Black and I am an Independent Educational Psychologist. I am currently the Educational Psychologist for Hambrook Primary School. I have worked as an Educational Psychologist since 2007. I've previously supported children and young people in a range of roles including as a teacher in schools.

