

Webinar for Parents & Carers

Helping Children with Anxiety

A free, one-off session supporting parents and carers of school-aged children

Understand more about anxiety in children and young people

Find out about strategies to help your child explore and manage worries



Consider ways to help your child build confidence and overcome fears

Learn more about local services and online options for further support

Each webinar lasts for 90 mins and is delivered online via Microsoft Teams, facilitated by Bromley Y practitioners.

Primary Webinars

Sat 22nd Apr @ 10am
Thurs 18th May @ 1:30pm
Thurs 15th June @ 10am



Secondary Webinars

Thurs 1st June @ 1:30pm
Mon 3rd July @ 1:30pm

To assist smooth running of the session, you will be asked to kindly turn off your camera and microphone. Participation via the chat function is optional.

[Places can be booked on the Bromley Y Eventbrite Page.](#)



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