

# HOPE Virtual Parent Support

## How to Support Your Anxious Child



**Tues 25th Jan 7pm / Thurs 27th Jan 10am**

**We are re-running this session on anxiety following requests from parents and positive feedback**

- ⇒ **Understanding anxiety in children and young people.**
- ⇒ **How to support your child struggling with anxious thoughts and worries**
- ⇒ **Coping strategies and self care**

What a wonderful project, amazing advice, thank you!

Really useful and very re-assuring

## HOPE Parent Support Sessions;

**a safe place to find information, chat and learn from each other through shared experience.**

To find out more contact your HOPE mentor in school or Keddie on 07508 176043

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**Register HERE**



<https://us02web.zoom.us/meeting/register/tZwsde6gqT0jG9Z1P-U0lckA4Y7KBzYDihxU>