

Parents & Carers Webinar

'Helping Children with Fears & Worries'

A free one-off session supporting parents/carers of children in school years 4, 5, 6 & 7 living in the Bromley Borough to:

- *Understand more about anxiety in children*
- *Consider strategies for that that can help to manage fears and worries, and build confidence at this challenging and uncertain time*
- *Learn more about local services for further support*

The webinars will be delivered online via **Microsoft Teams** and will be facilitated by practitioners from Bromley Y. To ensure smooth running of the session you will be asked to kindly turn your camera and microphone off for the duration of the webinar, but participation via the chat function is optional.

Please note there are limited slots available per session.

Webinar Dates:

- Wednesday 25th Nov @ 10.30am - 12.00pm
- Saturday 12th December @ 10.30am - 12.00pm
- Tuesday 12th Jan @ 13.00pm- 14.30pm
- Saturday 13th February @ 10.30am - 12.00pm
- Thursday 18th March @ 10.30am- 12.00pm



To book a place at one of the sessions please visit:

<https://www.eventbrite.co.uk/e/helping-children-with-fears-and-worries-tickets-128113455795>

Once you have booked a ticket, you will receive an email with details of how to join the webinar.

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