

Free Online Parenting Workshop on Supporting a Child with Anxiety

The number of children and young people experiencing anxiety in the UK has increased over the last couple of years. It is a common emotional difficulty that can impact all areas of life, including homelife and school. Parenting a child who feels high levels of anxiety or is 'worrier' can be hard and it can be difficult to know how best to respond.

Whilst unfortunately there are no 'magic solutions', deepening your understanding of anxiety, and support strategies that you can implement at home, can be hugely helpful.

What will be covered in the workshop?

Join two of our experienced child and young people therapists, for a free one-hour introductory workshop on understanding anxiety, how it can present in young children and people, and practically ways you can support your child.

How to book.

Email our children and young people team at cyptsinfo@theretreatyork.org.uk or call 01904 412551 and we will send your further information and a link to join the workshop online.

At The Retreat Clinics, we are passionate about supporting young people and families to achieve their full potential and be mentally healthy.

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