

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

Tues 7th Feb @ 1pm
Wed 8th Mar @ 10am
Sat 22nd Apr @ 10am



Secondary Webinars

Thurs 16th Feb @ 1pm
Sat 18th March @ 10am
Thurs 13th Apr @ 1pm

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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