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Hastings & Rother Parents

# Managing Anxiety and Raising Resilient Children

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## What?

This session is for parents who want to develop their understanding of childhood anxiety, feelings, and appropriate ways to express them. Gain knowledge on how to encourage your child to problem solve and cope with stressful situations – turning challenges into opportunities!

## Where?

Online Via Microsoft Teams

## When?

Wednesday 20<sup>th</sup> October 6:30-8:00pm

To book your free place  
email or QR CODE  
[info@openforparents.org.uk](mailto:info@openforparents.org.uk)

