





## BUILDING CONFIDENCE AND MANAGING ANXIETY IN YOUR CHILD

A WORKSHOP FOR PARENTS AND CARERS TO LEARN MORE ABOUT ANXIETY IN CHILDREN AND LEARN SOME TIPS FOR HOW TO BUILD CONFIDENCE IN THEIR CHILDREN

A FREE WORKSHOP FOR PARENTS AT SOLEBAY
PRIMARY ACADEMY

Date: Monday 1<sup>st</sup> December

**Time: 9:00am** 

