

Parent Workshop

For parents of primary aged children

Tuesday 14th April 2020
10:00-11:30 am

Norfolk Lodge Children's Centre
27 Norfolk Street
Boston, PE216PW

Should you have any en-
quires please call us on:
01205446949

10 spaces available

Please book your place by
10/4/2020

Would you like to learn some new strategies to help your child manage their anxiety?

If so, Healthy Minds are offering a workshop that may be useful for you. This workshop has been designed to give parents an overview of emotional well-being, with many evidence based strategies shared that you can use with your child within the home environment. The workshop will focus on worries and anxiety.

Please do not bring your child.

Free to attend!

For more information and to book, please visit:

<https://parentprimaryanxietyworkshopbos.eventbrite.co.uk>

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