

Parent Workshop

For parents of primary aged children

Monday 20th April 2020
10:00-11:30 am

Spalding Children's Centre
Bank's Avenue
Spalding, PE112JG

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

10 spaces available

**Please book your place by
16/4/2020**

**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://parentsanxietyworkshopprimaryspal.eventbrite.co.uk>

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