



Devizes, Wiltshire

Parents & carers

Equipping lives 4 Good

ANXIETY

My child & me

Friday 3rd May
10am-2pm

This is a one day workshop for parents with children with anxiety.
This workshop will provide the opportunity to:



Explore how your child's anxiety impacts you

Explore your responses

Explore your own triggers to anxiety



Explore grounding and mindful techniques

The workshop will be held in Devizes, Wiltshire.
The cost for this workshop is £20. Please book via the link.



THE CPD STANDARDS OFFICE
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2023-2025
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