

# PARENT WORKSHOPS



**FREE**

**April**

## UNDERSTANDING ANXIETY IN CHILDREN

**MONDAY 29TH APRIL 2024**

**TUESDAY 30TH APRIL 2024**

Is your child struggling to manage feelings of anxiety and worry?

Join Mental Health Practitioners from With Me in Mind North Lincolnshire to explore feelings of anxiety and worry to understand how this can have a negative effect on their mental health and wellbeing. Learn top tips on how support your child to combat their feelings of anxiety and worry.

We are offering this workshop virtually and at multiple locations across North Lincolnshire (Scunthorpe, Brigg, Winterton, Crowle and Barton).

## FACE TO FACE WORKSHOPS



## VIRTUAL WORKSHOPS



**Please book your space by scanning the QR code or contacting us via email: [rdash.wmim-nlincs@nhs.net](mailto:rdash.wmim-nlincs@nhs.net)**