



Anxiety Workshop

Date: Tuesday 28th of September 2021

Time: 11am to 12pm

Venue: Skeoge community Hub

All parents and carers who have children that are experiencing anxiety are invited to attend this workshop

The workshop will:

- ✓ **Help you recognise anxiety**
- ✓ **Introduce you to practical techniques to help you and your child**
- ✓ **Highlight sources of support**

Facilitator Marie Dunne

To book a place please contact www.shantallow.net

