

Parent Workshop

For parents of children aged
11-16 years old

Monday 30th March 2020

12.00pm—13.30pm

Alford Access Café
47 West Street, Alford
LN13 9EZ

10 spaces available

**Please book your place by
23/03/2020**

**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://parentworkshop-alford.eventbrite.co.uk>

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