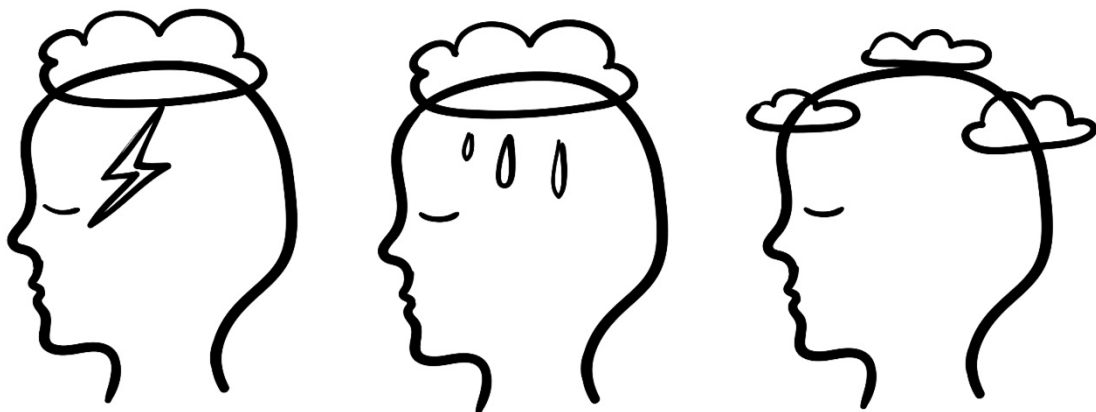


In partnership with SENDIASS, Coventry Educational Psychology Service (EPS) are running a FREE session for parents/carers on
‘Childhood Anxiety’

Anxiety is a common experience for children and young people. Associated difficulties may have been exacerbated as a result of the pandemic - either during lockdown or on return to school.



In this session we will think about what anxiety is and what parents can do to support children and young people to overcome their fears and worries.

Key areas we will explore in this session

Understanding Anxiety

- Normalising anxiety
- Types of anxiety
- Anxiety and the brain
- What to look out for

Supporting Children and Young People

- Supporting children at home
- CBT approaches
- Toolbox of strategies

VIDEO LINK SESSION

EITHER Wednesday 24th November 2021 - 10am-12pm

OR Tuesday 7th December 2021 - 10am-12pm

*The same session will be delivered twice, so please state which date you can attend or if you are available for either date.

To book a place or for further information please

contact: SENDIASS Tel: 024 76 69 4307

or email: iass@coventry.gov.uk