

# Supporting your Anxious child

A workshop for parents



Anxiety can appear at almost any age and may show itself as an inability to sleep, tummy aches on the way to school or a social gathering or just simply an unwillingness to participate in activities with others.

Some anxious children are fine with others but frightened at night or when they are alone - with nightmares and poor sleep patterns or a constant desire for company.

Whatever the anxieties your child might have here is a workshop to explore some of the causes and ways of supporting anxious children of any age to feel more in control and overcome their worries before they become too entrenched and hard to shift.

This workshop will be presented by Gill Hines, Education and Parenting Consultant and best-selling author, well known for her straightforward and entertaining style.

**Date:** Saturday 28<sup>th</sup> September

**Venue:** Kingston Quaker Centre

## **Booking is required as places are limited**

Places cost £17.50 each

Some £2.50 places may be available for those who need them – contact Gill directly through her website to request one.

For more information or to book [click here](#) or go to <https://gillhines.co.uk>