

Helping Your Child's Anxiety



Learn more about anxiety and how to help: Find out how to recognise it; how to respond to it positively; and how to manage it

Thursday 17th September for 2 weeks

11am-12 noon or 1pm-2pm

Online via Zoom

This course is free

For more information or to book a place call:

07885242692 or e-mail: **adulthoodeducation@wokingham.gov.uk** or

apply online via: <https://tinyurl.com/wbc-ad-apply>



Important information about this course

Entry requirements for the course

To access this course you will need to be over 19 or older as of 31st August 2019, be a citizen of the EEA and have been resident in the EEA at least 3 years (NB a number of exemptions also apply, if you are not an EEA citizen please contact us to check your eligibility).

You should be able to read and write in English to take full advantage of this course

If you have additional learning needs

Please identify your needs on the application form ahead of the course so we can work with you to prepare any support you may need. You can also discuss any needs with your tutor on the first session.

How to apply

Places must be booked in advance. Please contact the Adult Education team for an application form via 07885 242 692 or adulthoodeducation@wokingham.gov.uk

What can I expect to get out of the course

You will learn more about anxiety and how to help:

- You will find out how to recognise signs of anxiety in your child
- You will learn how to respond positively to your child's anxiety
- You will learn ways of supporting your child to manage his/her anxiety

What can I do after the course has finished?

- Contact other professional bodies if appropriate, as directed by the tutor
- Enrol on a family learning course
- Enrol on an employability or other work related course
- Apply for work or volunteer opportunities

This course is free.

You can access Zoom via a PC, laptop or smart phone.