

~~WORRIER~~ WARRIOR

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Join us for a supportive
parent workshop!

Just like adults, children and young people feel worried and anxious at times. But if your child's anxiety is starting to affect their wellbeing, they may need some help

If you are in need of helping your child with worries, join us for an introductory workshop to learn skills to support your child to cope.

Who is it aimed at?

Parents of primary school children (age 5-11)

Parents are the experts when it comes to their children, and are present through the ups and downs. However, parents may need some help and to learn new tools to give their child the best support they can.

What will be covered?

- What is anxiety?
- Challenging anxious thoughts
- Using supportive language to overcome worries and encouraging independence.

Date and time:

6th November 2025 at 9am

St Augustine's Catholic Primary

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