

Dear Parents

You are warmly invited to attend a Zoom session presentation entitled "Helping your Child overcome Anxiety" that is being offered free of charge. The presentation is led by myself, a qualified health visitor and parenting specialist.

The webinar will cover the physiology of anxiety - why children get the symptoms they do and what is happening in the brain, as well as emotional responses and possible causes.

It will also cover communication strategies, managing emotional arousal, encouraging confidence and managing avoidance.

It is important to intervene early on so that anxiety is prevented from getting worse and becoming more fixed. Using the right approaches can actually help children to stop being anxious - it's not just about making them feel better.

The presentation will take place on Thursday 4 November from 7 - 8pm. Places are limited so please register in advance for this meeting on the link below:

<https://us02web.zoom.us/j/88372471845?pwd=YUNtdFB6V1hBSDR1U3ZaM1I2VVM3dz09>

Meeting ID: 883 7247 1845

Passcode: 285528

After registering, you will receive a confirmation email containing information about joining the meeting.

Kind regards

Anne Cresswell