

Understanding and Managing Anxiety in Adolescents

ISLINGTON CHILD WELLBEING PRACTITIONERS
AND BARNARDOS

21st July 2021 at 10–11:30 am
Online via Zoom

This one-part workshop will explore anxiety and tips for supporting anxious young people. The workshop is aimed at parents and carers of children aged 12–17.

The workshop will explore what anxiety is, how it may show in adolescents and some tips on helping adolescents to manage their anxiety.

Please sign up via Eventbrite
<https://www.eventbrite.co.uk/e/understanding-and-managing-anxiety-in-adolescents-tickets-156907022127>