

Webinar for Parents & Carers

Helping Children with Anxiety

A free, one-off session supporting parents and carers of school-aged children

Understand more about anxiety in children and young people

Find out about strategies to help your child explore and manage worries



Consider ways to help your child build confidence and overcome fears

Learn more about local services and online options for further support

Each webinar lasts for 90 mins and is delivered online via Microsoft Teams, facilitated by Bromley Y practitioners.

Primary Webinars

Weds 17th Jan @ 10:00am
Thurs 15th Feb @ 4:00pm
Sat 16th Mar @ 10:00am
Mon 15th Apr @ 4:00pm



Secondary Webinars

Tues 9th Jan @ 4:00pm
Sat 10th Feb @ 10:00am
Mon 4th Mar @ 1:00pm
Weds 24th Apr @ 4:00pm



Primary

To assist smooth running of the session, you will be asked to kindly turn off your camera and microphone. Participation via the chat function is optional.



Secondary

[Places can be booked on the Bromley Y Eventbrite Page.](#)