



Mental Health
Support Team
Buckinghamshire

UNDERSTANDING AND OVERCOMING CHILDHOOD ANXIETY

FOR PARENTS AND CARERS

- *Introduction to anxiety*
- *Common types of anxiety*
- *Anxiety & neurodiversity*
- *Practical strategies to manage anxious feelings*



Register for virtual sessions delivered via Teams by scanning the QR code below

Monday 26th February 2024
13:00-14:30



Repeated

Monday 26th February 2024
18:00-19:30



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