

UNDERSTANDING ANXIETY



This workshop aims to provide parents and caregivers of children and young adults with a better understanding of anxiety and how they can support themselves and their child as they navigate the stressors of life. Designed for parents and caregivers of school age children this workshop is limited to a maximum of 12 participants allowing plenty of time to learn, experience and share in a safe and supportive environment.

WORKSHOP CONTENT

This two hour workshop will provide an introduction to the purpose of anxiety and ways we can help reduce its impact on ourselves and our children. We will look at:

- the neuroscience and physiology behind anxiety
- the connection between anxiety and the flight/fight/freeze response
- ways to regulate the body when anxiety has been triggered
- our personal experience of anxiety

OUR TEAM

This workshop has been designed and developed by Claire Glover (PGDip MBACP) and Helen Hambleton (PGCE PGDip MBACP) who are qualified counsellors with an educational background. They have worked extensively with anxiety and are passionate about sharing the latest research in an understandable way to help parents support themselves and their young person as they navigate the stressors of life.

COURSE DETAILS

We have the choice between two dates for the next workshop. Either **Wednesdays 17 May 6pm - 8pm** at Clements Hall, Nunthorpe Road, York OR **Friday 19 May 10am - 12noon** at St Bede's, 21 Blossom Street, York. The workshop is priced at £35 (payable in advance).



To register contact Claire on Claire@yorkcp.org or call 07764 528138