

worry stress
breathlessness
nerves tingling fear
foggy worry sweaty
wound up concerned

ANXIETY

tight chest tummy
ache overwhelmed
queasy
lonely on-edge
lack of control
scared
restless

UNDERSTANDING ANXIETY

AND HOW TO SUPPORT CHILDREN & YOUNG PEOPLE

Delivered by qualified counsellor and educator Claire Glover, this small group supportive workshop for those caring for children and young people will help you begin to understand anxiety by looking at:

- what survival stress is and its impact
- how our brain and body creates anxiety
- practical tools to help support an anxious mind and body

This supportive and interactive workshop aims to provide you with the knowledge and tools to help you and your young person navigate the stressors of life.

CHOICE OF 2 DATES

EITHER

Wednesday 17 May, 6pm - 8pm (Clements Hall, Nunthorpe Road, YO23 1BW)

OR

Friday 19 May, 10am - 12noon (St Bede's, 21 Blossom Street, YO24 1AQ)

The workshop is priced at £35 per person (payable in advance) and is designed for parents and caregivers.

To sign up or for more information contact Claire on
Claire@yorkcp.org or 07764 528138