

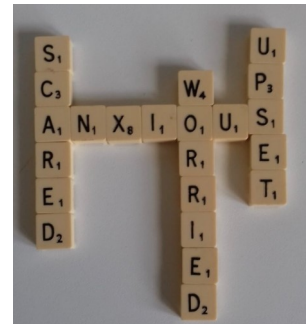


Supporting an Anxious Child

This free* online 5 week course will be delivered on zoom. It will help parents and carers to learn more about anxiety and ways to help build a child's resilience and self-esteem.

You will learn about:

- the signs of anxiety
- what is normal and when to seek further help
- creative ways to help your child manage anxiety, including mindfulness, worry boxes, lifestyle changes and routines
- how your own anxiety can impact on your child



Course starts on **Friday 28 January 2022**

Course ends on **Friday 4 March 2022**

Course times **9.15am to 11.15am**

Our enrolment session will take place online via zoom on **Friday 21 January** at 9.30am. You will be able to meet the teacher and find out more about the course. You will also need to show that you are eligible for this course by showing your passport, a driving licence or immigration status.

For more information about the course please contact Mrs Khan, your Family Support Worker, at the school.

Please call 01582-280652 or 07485369400 or email mkhan@windmillhillschool.org.uk

*subject to presentation of ID at the first session to prove eligibility. For more details please visit our website

<https://www.lutonacl.ac.uk/learn-with-us/family-learning.html>