



This workshop is aimed at parents and carers that would like to learn more about causes of anxiety, what anxiety is, how to help as a parent, tools, calming techniques and key strategies.

Tuesday 8th June 2021
You only need to attend 1 session
10am session
6pm session
(approx. 1hour)

If you'd like to join the workshop you will need internet access and a device able to connect to Microsoft Teams via web browser.
(Full access instructions will be given once your place is booked).

We understand that you are likely to have children in the house with you and so there is no obligation for you to stay on the call the entirety of the workshop, as we appreciate you may have to leave the call from time to time.

***This workshop is for parents/carers of Primary school aged children.**
Consent forms will be sent once email of interest is received.

Link to the workshop will be sent on Monday 7th June.



Cambridgeshire
County Council

To book your place please contact Zoe Hope on
 Zoe.Hope@Cambridgeshire.gov.uk