

FAMILY LEARNING

WITH LIFE EDUCATION CENTRE NOTTINGHAMSHIRE

COPING WITH ANXIETY



Work with your child and enjoy spending 1:1 time in school

Understanding feelings and managing emotions



What it is to have good listening skills

How to build self-esteem for your children



Building a bank of stress management techniques

Managing your child's anxieties

All mums, dads, grandparents, and carers are welcome!

Come join us at Holgate Primary and Nursery School on Thursday afternoons at 1pm

Session		What it's all about...
1	Feb 6 th	Supporting Children with Anxiety <ul style="list-style-type: none"> - 5 steps to mental wellbeing - 5-day happiness challenge - A-Z of coping strategies
2	Feb 13 th	Managing Anxiety <ul style="list-style-type: none"> - Ways to help children and young people manage anxiety - What it means to have an attitude of gratitude
3	Feb 27 th	Stress Management <ul style="list-style-type: none"> - What is stress? - Understanding coping strategies - Reframing thoughts - 10 keys to happier living
4	Mar 6 th	Building Confidence and Resilience <ul style="list-style-type: none"> - Helping your children to feel good about themselves - Helping your child to have an "I can" attitude - Self-esteem - Top tips for resilience

If you would like to come and join **Coping with Anxiety**, please complete the form on ParentMail or let a staff member know you would like to attend.

Please provide us with your email so we can send you course information.

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Nottinghamshire County Council



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