



BROMLEY Y
Building Strengths

Webinar for Parents & Carers

Helping Children and Young People with Fears & Worries

A free, one-off session supporting parents and carers of school-aged children

Understand more about anxiety, fears & worries in children and young people

Find out about strategies to help your child explore and manage worries



Consider ways to help your child build confidence and overcome fears

Learn more about local services and online options for further support

Each webinar lasts for 90 mins and is delivered online via Microsoft Teams, facilitated by Bromley Y practitioners.

Primary Webinars

Mon 13 Apr @ 12:00pm

Fri 8 May @ 12:00pm

Sat 20 Jun @ 10:00am



Secondary Webinars

Sat 25 Apr @ 10:00am

Mon 18 May @ 10:00am

Fri 26 Jun @ 10:00am



Primary

To assist with the smooth running of the session, you will be asked to kindly turn off your camera and microphone. Participation via the chat function is optional.



Secondary

[Places can be booked on the Bromley Y Eventbrite Page.](#)

