

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.

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.

Primary Webinars



Secondary Webinars



Primary

Dates can be found on Eventbrite by scanning the Primary/Secondary QR code or clicking on the link below



Secondary

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



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