



# SUPPORTING YOUR CHILD'S ANXIETY

Discover ways to help your child manage their anxiety.

**Where:**

**Online via Zoom**

**Date::**

**Wednesday 26<sup>th</sup> November**

**Time::**

**7-9pm**

Share experiences of anxiety and increase your understanding of anxiety with other parents and carers in a supportive group.

**To book your place on this FREE course go to our website and enter course code 152467 into the search box.**

**For further information, email [businesssupport2@kent.gov.uk](mailto:businesssupport2@kent.gov.uk)**

**Call 03000 41 22 22**

**For more information scan the QR code**



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